

## How do you Protect Against Lyme Disease?

- ❑ Take protective measures outdoors:
  - Wear light-colored clothing so that ticks can be easily seen.
  - Tuck pants into boots or socks.
  - Use a repellent that contains DEET.
  - Walk in the center of trails, and avoid contact with high grass and brush at trail edges.



## How do you Remove a Tick:

- ❑ Use tweezers to grasp the tick at the surface of the skin.
- ❑ If tweezers are not available, use a tissue to protect the fingers. (The tick's fluids may transmit Lyme disease).
- ❑ With a steady motion, pull the tick straight out.
- ❑ After removing the tick, disinfect the bite site, and wash hands with soap



*Lone Star tick*

**Texas AgriLife  
Extension Service**

**Contact your local county  
Extension office at:**



# Lyme Disease



# LYME DISEASE

## What is Lyme Disease?

Lyme disease is the most common tick/insect-borne disease in the U.S. A bacteria call spirochete causes Lyme disease.

This bacteria is transmitted by the bite of an infected. The Black-legged tick, found in North Central and North Eastern U.S., is a tick that has been found to cause Lyme disease. Other ticks include the Lone Star and Rocky Mountain tick.



*Black-legged tick*

## What are the Signs and Symptoms of Lyme Disease?

### Early Lyme Disease (*stage 1*):

- ❑ Occurs 3 to 30 days after a bite from an infected tick.
- ❑ Flu-like symptom develop within 7 to 14 days.
- ❑ Symptom include fatigue, headache, fever and chills, muscle and joint pain, nausea, vomiting, dizziness and a non-productive cough.
- ❑ Skin lesion(s) may appear as a small red circular rash around the bite and expand.
- ❑ Secondary rashes may appear.

### Late Lyme Disease (*stage 2*):

- ❑ Occurs weeks or months after the onset of Lyme disease.
- ❑ Severe headaches and neck pain stiffness.
- ❑ Arthritis will develop in 60% of patients.
- ❑ Neurological symptoms including psychiatric problems may occur in 15% of people with Lyme disease.

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## How do you Diagnose Lyme Disease?

- ❑ Notify a doctor if you become ill after being bitten by a tick.
- ❑ A diagnosis will be made based on clinical signs and symptoms and the results of a blood test.

