



LYME DISEASE

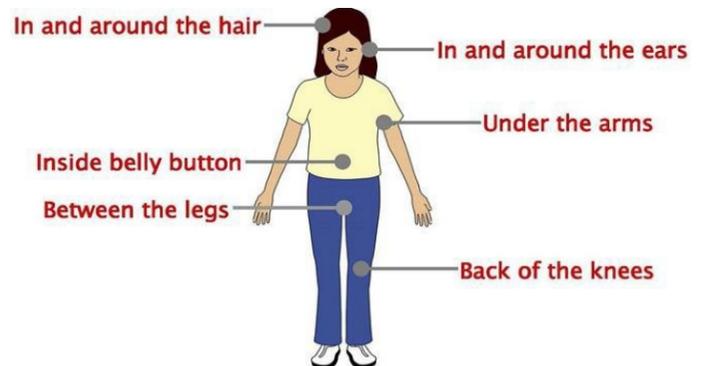
How to Prevent Lyme Disease:

1. Cover up when going out to wooded or grassy areas. Tuck long pants into your socks, wear long sleeve shirts, and wear hats and gloves when necessary.
2. Always check yourself, your pets, and most importantly your children for ticks after spending time outside.
3. Apply insect repellent with at least 20% DEET to your skin before going into wooded areas.
4. Remove ticks as soon as possible!

Helpful Tips:

1. Lyme Disease can occur if a tick has not been removed after 48 hours. If you think the tick has been there for longer than 48 hours, please see a doctor.
2. Lyme Disease is easily treatable with antibiotics. If you suspect you have Lyme Disease, see a doctor for antibiotic treatment.
3. You can get Lyme Disease more than once, so do NOT assume you are immune!

Common Places for Ticks to Hide:

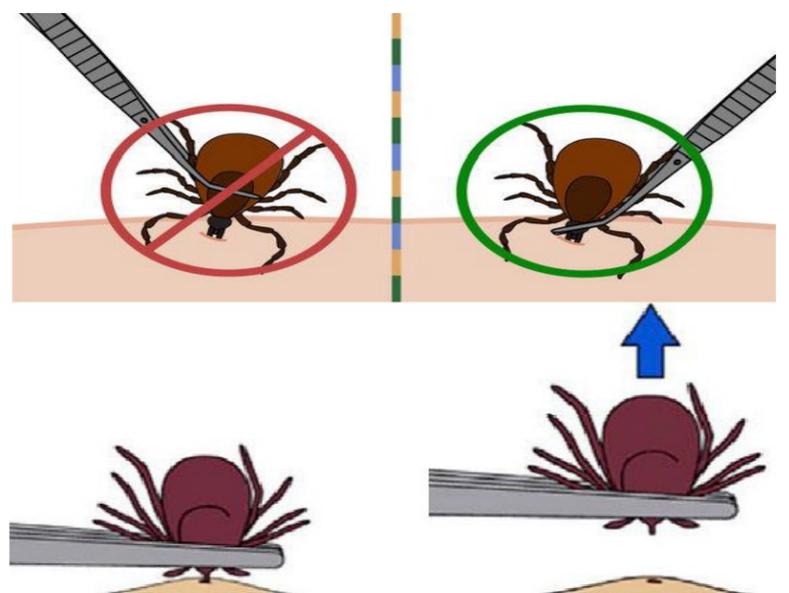


How to Remove a Tick:

1. Use fine-tip tweezers to grasp the tick as close to the skin's surface as possible.

NEVER
remove a tick with your fingers!

2. Pull upward without twisting or jerking. If the tick's mouth remains imbedded in the skin, remove the mouth with tweezers. Dispose of the tick by placing it in a sealed bag.
3. Clean the bite area with rubbing alcohol or with soap and water.



Symptoms of Lyme:

Hallmark Sign = A Bullseye Rash!

Common Symptoms:

- Fever and chills
- Body aches and fatigue
- Headache

Late-Stage Symptoms (These occur if left untreated for several months.):

- Swelling of joints and knees
- Facial palsy



All images taken from www.cdc.gov.

For more in-depth information about Lyme Disease, visit the CDC's website at <https://www.cdc.gov/lyme> or speak to your pharmacist.