

# Lyme disease

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## What is Lyme Disease:

- An infection caused by *Borrelia burgdorferi*, a type of bacterium called a spirochete that is carried by deer ticks.

## Transmission of Lyme Disease :

- The infected deer tick can spread the spirochete to humans and animals. If left untreated, it can become severe.

## What are Sign and Symptoms of Lyme Disease :

- The first symptom is a rash, resembling a bull's eye
- Other symptoms include
  - Fever
  - Headache
  - Muscle and joint aches
  - Stiff neck
  - Fatigue

## Treatment for Lyme Disease:

- Antibiotics can cure most cases. For complete recovery, start the antibiotics as soon as the disease has been diagnosed.
- After treatment, muscle or joint aches and nervous system symptoms can still occur. This is called post-Lyme disease syndrome.

## Prevention of Lyme Disease:

- In tick-infested areas, avoid contact with soil, grass and gardening areas. If you like to spend time outside (in the garden, hiking, camping, hunting), below are ways to lower the chances of getting Lyme Disease:
  - Color and size to determine between deer ticks and lone star ticks
  - Wear closed-toe shoes and light-colored clothes
  - Look at your clothes and exposed skin frequently for ticks
  - Use insect repellent, containing DEET
  - Avoid sitting directly on the ground or stone walls
  - Keep long hair pulled back
  - Look for ticks at the end of the day



Source: [Medline](#); [ALDF](#)