

Prevent

Lyme Disease

by avoiding tick bites



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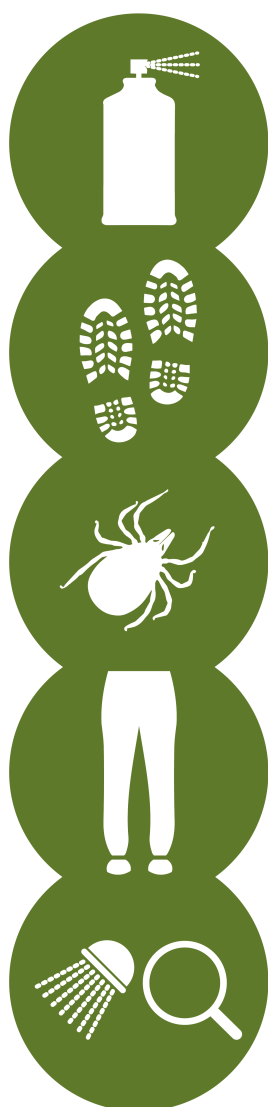
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Lyme Disease



Protect yourself from tick bites



Wear insect repellent during outdoor activities.

Avoid walking through long grass and stick to pathways.

Wear light-coloured clothing and brush off any visible ticks.

If you have to walk in long grass, tuck trousers into socks.

Shower and check for ticks when you get home.



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Lyme Disease



What you need to know



Infected ticks have been found in every county in the UK.



You can be bitten by an infected tick during any season.



Birds, mice, and squirrels can carry infected ticks.




There is no established minimum time that a tick needs to be attached to transmit the infection.




Not everyone gets a rash from an infected tick bite.




Lyme disease can be difficult to treat if not diagnosed early.



Blood tests cannot rule out Lyme disease. Sometimes a clinical diagnosis is needed.



Lyme disease can mimic other conditions including MS, CFS, fibromyalgia, and Alzheimer's.



Treatment should be started early for the best chance of success.

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Early Symptoms of Lyme Disease



Lyme disease is a bacterial infection that can be spread to humans by infected ticks. It's usually easier to treat if it's diagnosed early.



The Lyme Rash (Erythema Migrans)

- A **circular or oval shape rash** around a tick bite is an early symptom of Lyme disease. It is important to note that not everyone with Lyme disease develops this rash.
- The **rash can appear up to 3 months after being bitten** by an infected tick, but **usually appears within 1 to 4 weeks**. It can last for several weeks.
- The rash can have a darker or lighter area in the centre and might gradually spread. **It's not usually hot or itchy.**
- The rash may be **flat or slightly raised and look pink, red, or purple** when it appears on white skin. It can be harder to see the rash on brown and black skin and it **may look like a bruise**.
- Symptoms can include **fatigue, headaches, flu-like symptoms, facial palsy, migratory muscle and joint pain, nausea** and a **stiff neck**.
- **Talk to your GP** if you've been bitten by a tick or visited an area in the past 3 months where infected ticks could be and you **have flu-like symptoms or a round or oval shape rash**.

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Protect your pets from tick bites

Lyme disease is spread to humans and animals by the bite of an infected tick. The best way to protect your pets is by avoiding tick bites.



- **Prevent ticks from attaching to your pet to reduce the risk of contracting Lyme disease.**

Talk to your vet about tick prevention products for pets.

- **Check your pet for ticks every day and after being outdoors.**

Daily checks are important because your pet is unlikely to notice an attached tick or bite. Tick bites are not itchy and tend to be hidden by fur, or inside the ears or mouth. Ticks often attach to the head, neck, ears, bellies, and paws of dogs and cats.

- **Carefully remove attached ticks immediately with a tick removal tool.**

The longer a tick is attached to your pet, the more likely it is to transmit the bacteria that can cause Lyme disease. Remember to keep yourself safe from bites by not handling ticks with bare hands. Seek advice from your vet if you are unsure how to remove a tick safely.

- **Check yourself and your family for ticks.**

If you are finding ticks on your pets, you are also at risk of tick bites. Wear insect repellent during outdoor activities. Avoid walking through long grass and stick to pathways. If you have to walk in long grass, tuck trousers into socks. Shower and check for ticks when you get home.

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