

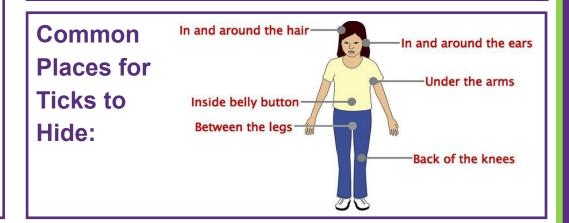
LYME DISEASE

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!

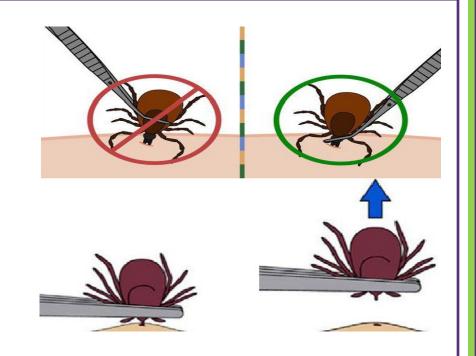


How to Remove a Tick:

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:

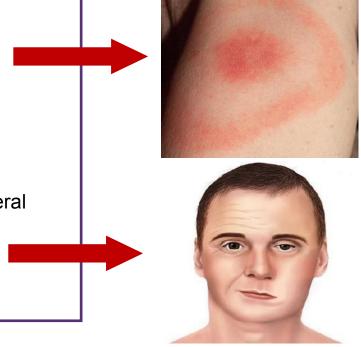
Hallmark Sign = A Bullseye Rash!

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 <u>www.cdc.gov.</u>

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