

LYME DISEASE



What Is Lyme disease?

Lyme disease is an infection that can cause skin, arthritic, heart and nervous system problems.

What causes Lyme disease?

Lyme disease is caused by a bacterium spread by the bite of the deer tick. In the summer, this tick is the size of a poppy seed.

How can I avoid getting bitten?

Stay in the center of woodland paths. Wear light colored long pants tucked into socks or boots, and long-sleeved shirts tucked into pants. Repellents containing DEET or permethrin may provide some protection against ticks. Read and follow all label directions carefully. NEVER let children apply repellents themselves. Apply permethrin on clothing only. Check yourself and pets for ticks often while outside, and again at home.

What should I do if I find a tick attached to me?

Use tweezers, or cover your fingers with paper or a leaf, to grasp the tick as close to your skin as possible. Pull steadily and firmly until the tick lets go. Apply

antiseptic. Save the tick in alcohol; your doctor may want to see it. Never twist, squeeze, or use petroleum jelly, lighter fluid, or a flame to remove ticks.

What are the early warning signs of Lyme Infection?

Symptoms and severity vary with each patient. A common early symptom is a red, roundish rash at least two inches across that may get bigger. Flu-like symptoms, a stiff neck, and muscle and joint pain are other early symptoms.

Can Lyme Disease be treated?

Lyme Disease is treated with antibiotics. The earlier treatment begins, the easier it is to prevent the disease's long-term effects.

Dialing 1.800.222.1222 will connect you to the Poison Control Center in your area. To contact the Upstate New York Poison Control Center business office, dial 1.315.464.7078.

Visit our website at www.upstatepoison.org

