



Wake Up to Lyme



- What is Lyme Disease?
- Risk of Lyme Disease
- Preventing Lyme Disease
- Removing a Tick
- Diagnosing Lyme Disease
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- Resources





What is Lyme Disease?

- Lyme disease is caused by a corkscrew shaped bacteria called Borrelia
- Lyme disease can be **transmitted via a tick bite**
- Ticks can carry **other infections** such as Anaplasma and Babesia
- Ticks are arachnids and can be **as small as a poppy seed**



Risk of Lyme Disease



- Infected ticks can be found **all over the UK**
- Infected ticks are found in woodland and parkland, but can also be found in **urban parks and even gardens**
- You can be infected in any month, but most likely in **spring/summer**
- The Big Tick project found ticks on **1 in 3 dogs**



Preventing Lyme Disease



- **Prevention is crucial**
- Wear **insect repellent** during outdoor activities and consider treating outdoor clothing with permethrin
- Avoid walking through long grass and **stick to pathways**
- Wear light coloured clothing and **brush off any visible ticks**
- Wear **long sleeves and long trousers**
- If you have to walk in long grass, **tuck trousers into socks**
- Shower and **check for ticks** when you get home
- Also use **tick prevention on your pets** and thoroughly check them for ticks after they have been outdoors



Removing a Tick



- Never pull off a tick with your fingers, normal tweezers or any other tool not designed for the job
- Never smother the tick in oil or vaseline
- Carefully remove it using a **tick remover** or a pair of very fine tipped tweezers ensuring all parts of the tick are removed
- If you save the tick, it can be tested for infections
- There is **no minimum time** a tick needs to be attached to pass an infection, however do remove it as soon as possible



Diagnosing Lyme Disease



- Lyme disease can be **hard to diagnose**
- Tick bites are **easily missed** and are not normally itchy or painful
- Many people **will not** get the classic ‘bulls-eye’ rash
- Other symptoms to look out for are ‘**summer flu**’, **headaches, fatigue, joint pain** and **behavioural changes**
- A blood test can **not** rule out Lyme disease
- **Less than 3% of GPs** have taken the RCGP course on Lyme disease (as at Feb 2017)



Treating Lyme Disease



- **Early treatment** is key
- Treatment should be started immediately if a 'bull's-eye' rash is present
- Your GP will be able to advise on the best antibiotics for you, however doxycycline is commonly prescribed to adults and amoxicillin to children
- The RCGP Lyme disease course states that antibiotics should be repeated **until all symptoms cease**
- The NHS does not normally recommend treating prophylactically unless pregnant or immunosuppressed



Resources

- www.lymediseaseuk.com
- www.enjoythecountryside.com
- www.facebook.com/LymeDiseaseUK
- www.twitter.com/UKLyme
- www.instagram.com/lymediseaseuk



