



be tick aware

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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, Babesia and Tick-borne encephalitis
- Ticks are arachnids and can be as small as a poppy seed



Male



Nymph



Larva



Female







Risk of Lyme Disease



- Lyme disease is 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/autumn
- The Big Tick project found ticks on 1 in 3 dogs which owners were unaware of

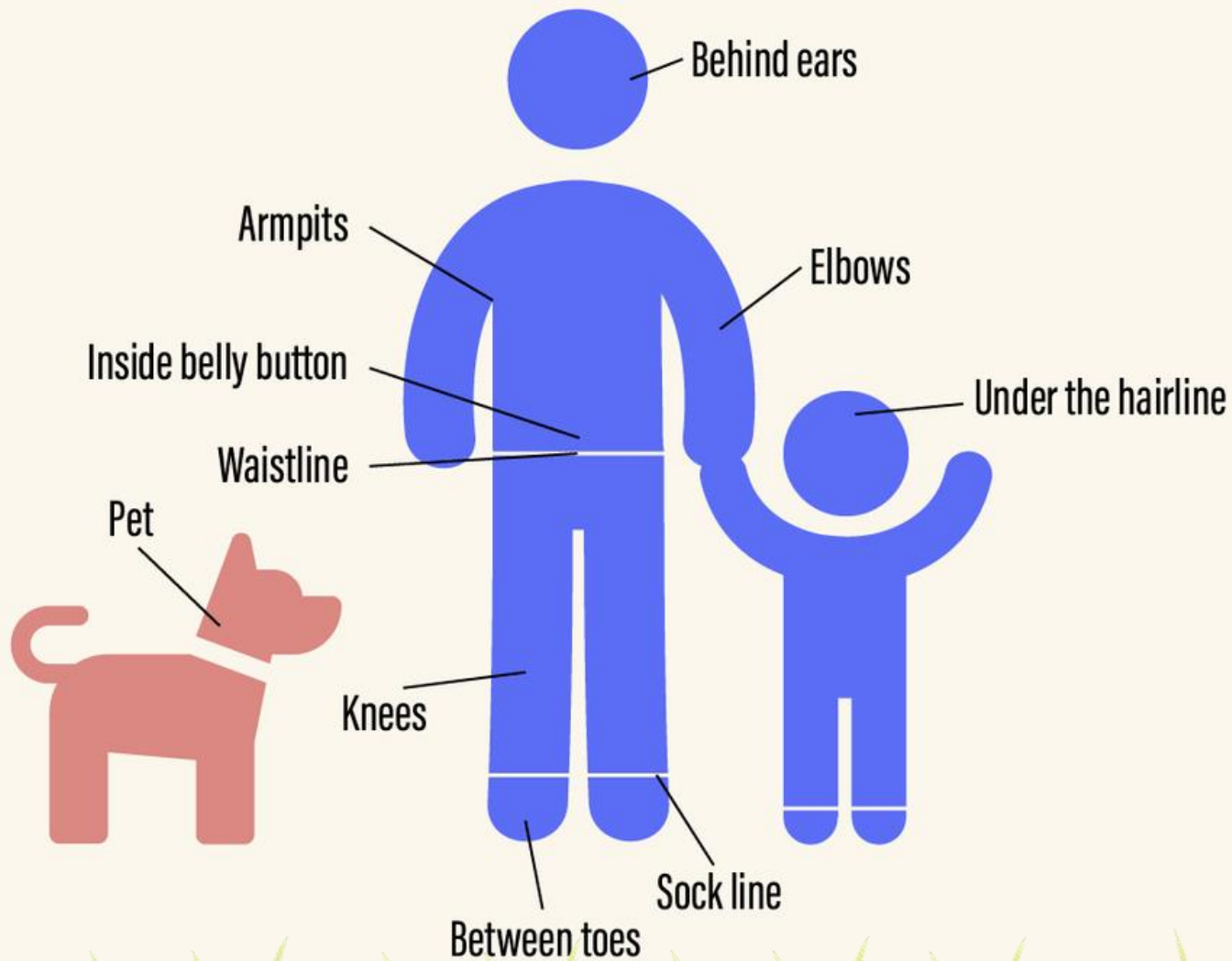


Preventing Lyme Disease



- Prevention is better than cure
- Wear insect repellent and consider treating outdoor clothing
- Wear long sleeves and long trousers
- Tuck your trousers into your socks
- Stick to pathways and avoid long grass
- Do a thorough tick check and have a shower when home
- Also use tick prevention on your pets and check them thoroughly for ticks





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 nosed tweezers ensuring all parts of the tick are removed
- 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 normally not itchy or painful
- Many people will not get the classic ‘bull’s-eye’ rash
- Other symptoms to look out for are ‘summer flu’, headaches, fatigue, swollen glands joint pain and in children behavioural changes
- A blood test cannot rule out Lyme disease
- There are no NHS Lyme disease specialists



Erythema Migrans (Bull's-Eye)



Examples of EM Rashes



Treating Lyme Disease



- Early treatment provides best chance of recovery
- An EM rash is diagnostic of Lyme and treatment should be started immediately
- Your GP will be able to advise on the best antibiotics for you. Doxycycline is commonly prescribed for adults and Amoxicillin for children
- NICE Lyme disease guideline now allows for two courses of two different types of antibiotics
- There is no 'test of cure' for Lyme disease



Thank you for listening today!

