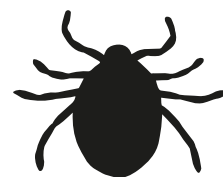


WHAT YOU NEED TO KNOW

Lyme Disease Tick Bite Prophylaxis



What is Lyme disease?

Lyme disease is an infection caused by *Borrelia burgdorferi*, which is spread through the bite of an infected blacklegged tick (also called a deer tick).

What is the prophylaxis treatment for Lyme disease?

A single dose of an antibiotic, usually doxycycline, can be given to help reduce the risk of infection if the tick was identified as a blacklegged (deer) tick, was attached for more than 36 hours, and removed within the past 72 hours.

What are the signs and symptoms of Lyme disease?

Prophylaxis can reduce the risk of infection, but it is still important to watch for symptoms during the next 30 days.

Symptoms include:

- New or expanding rash in a circular or bull's eye form, in the area of the tick bite
- Fever, chills, headache
- Muscle aches
- Joint pain or stiffness
- Swollen lymph nodes

If symptoms develop, contact a healthcare provider immediately.

How can I prevent tick bites and Lyme disease in the future?

- Wear light-colored long sleeves and pants when in wooded or grassy areas
- Tuck pants into socks when hiking
- Use DEET, oil of lemon eucalyptus, or permethrin to help prevent ticks from attaching to clothing or persons
- Perform full-body tick checks after outdoor activities and promptly remove all attached ticks with fine-tipped tweezers
- Shower within 2 hours of outdoor activities

When to contact a healthcare provider?

Contact a healthcare provider if any of the signs and symptoms listed above occur within 30 days of a tick bite or if any of the following:

- Difficulty breathing
- Swelling of the lips, tongue, or throat
- New weakness or confusion

A tick bite does not mean you will develop Lyme disease. Taking preventive medication as directed, monitoring for symptoms, and practicing tick bite prevention can reduce the risk of Lyme disease.

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Sources: Centers for Disease Control and Prevention; Infectious Disease Society of America; Mayo Clinic