LYME DISEASE

RUSSELL HIMMELSTEIN, UVM MEDICAL STUDENT
DR. BOULATTOUF, BERLIN FAMILY MEDICINE
WHAT CAUSES LYME?

• Bite from an infected deer tick

• Where? Wooded areas, camping, hiking

• Ticks love tall grass- walk in center of trails!
BEFORE I GO OUTSIDE

- Wear clothes that cover arms and legs
- Tuck pants into socks
- Wear light colors, so ticks can be found
- Bug spray with DEET or Permethrin
AFTER I’VE BEEN OUTSIDE

• Check for ticks- on clothes AND skin

• Check your gear and pets

• Shower within 2 hours of being outside
I HAVE A TICK ON ME- NOW WHAT?

1. Don’t panic

2. Tell a parent, scout leader, or teacher

3. Remove the tick with tweezers
HOW TO REMOVE A TICK

• Use fine tip tweezers to get as close to the skin as possible

• Pull up with steady pressure

• After removing the tick, clean with soap and water
SIGNS OF LYME

EARLY

- Fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes
- Rash - may or may not be present

LATE

- Joint pain (arthritis)
- Droopy face (facial nerve palsy)
QUESTIONS?

*PLEASE FILL OUT SURVEYS AND GIVE COMPLETED ONES TO WILL!