



# LYME DISEASE

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# WHAT CAUSES LYME?

- Bite from an infected deer tick
- Where? Wooded areas, camping, hiking
- Ticks love tall grass- walk in center of trails!



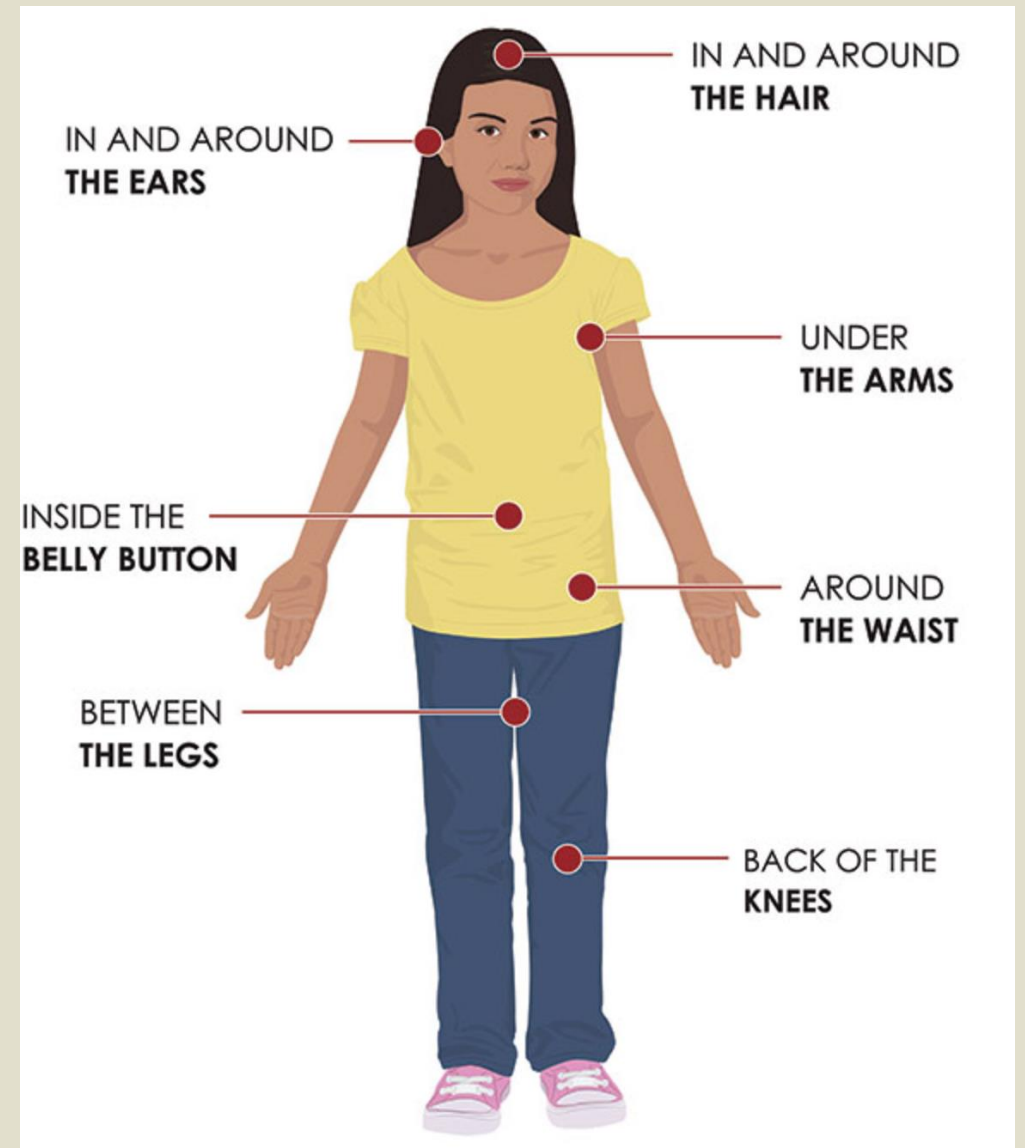
# BEFORE I GO OUTSIDE

- 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





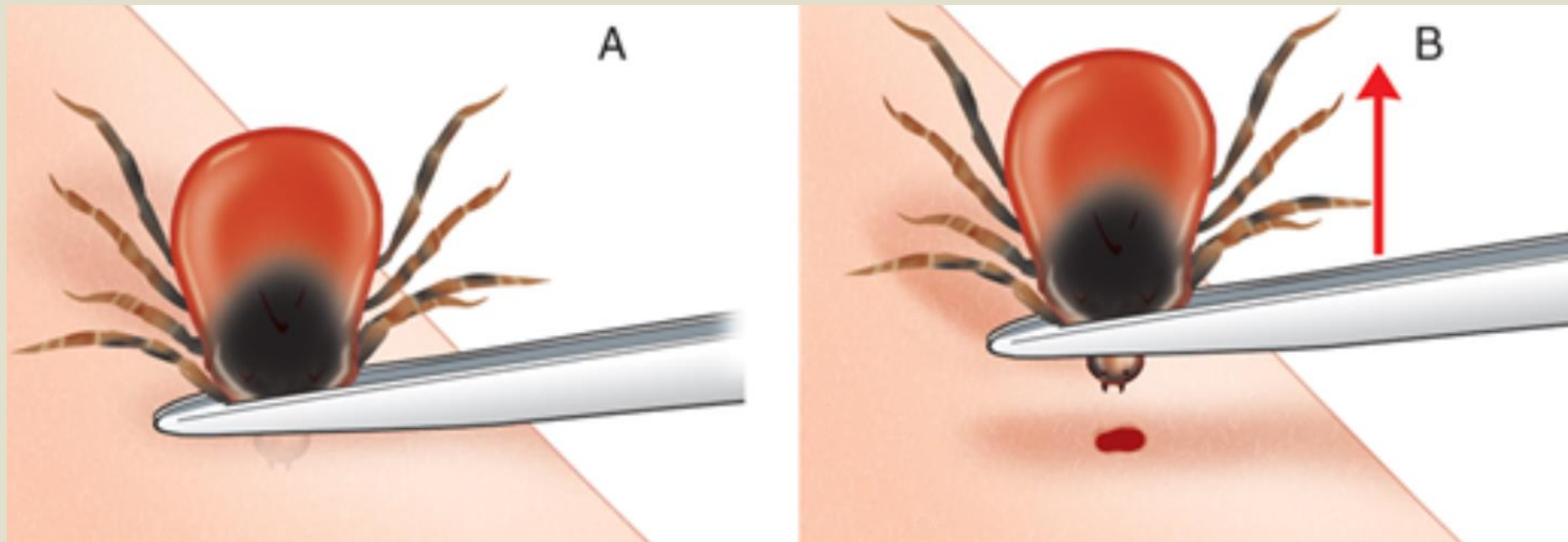
# I HAVE A TICK ON ME- NOW WHAT?

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



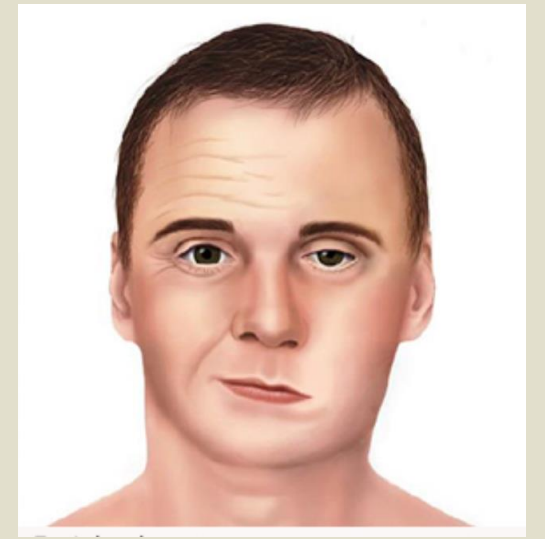
# SIGNS OF LYME

## 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!**