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What is Lyme Disease?

Lyme disease is a bacterial infection primarily transmitted by a tick bite. Ticks are small insects, often the size of a poppy seed.

Did You Know?

- Lyme disease is 1.5x more common than breast cancer and 6x more common than HIV and is the fastest growing infectious disease.
- The CDC acknowledges at least 300,000 new infections per year.
- The tell-tale “bull’s-eye rash” after a bite occurs in less than half of all Lyme infections.
- Current testing often provides a false negative result.
- Most insurance companies do not cover treatment for Lyme disease.



Symptoms of Lyme Disease

- Severe fatigue and exhaustion
- Joint pain, swelling and stiffness
- Neurological impairment, unable to concentrate, memory loss, vision changes
- Difficulty with speech or writing, ear pain, buzzing or ringing
- Seizures, light-headedness, poor balance, difficulty walking and Bell’s palsy
- Cardiac issues, irregular heartbeat, murmurs, heart block

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Preventing Lyme Disease



Prepare Before Going into Nature

- Wear long pants and a long sleeve shirt. Tuck your pant legs into socks.
- Always apply tick repellent. Products containing DEET or DEET alternatives are effective repellents. Essential oils of lemon eucalyptus and rose geranium are believed to repel ticks and several all-natural sprays are available.
- Products containing Permethrin may be used on clothing, gear and your property.
- Stay in the middle of the trail and away from foliage.
- Don’t sit on logs, lean against trees, or walk through tall grass.

After Being in Nature

- Perform tick checks (yourself, children & pets).
- Focus on hard to reach areas (scalp, folds & creases).
- If bitten, remove the tick using a tick key or tweezers. If you do not have tweezers, use protective gloves (or bag). Pull straight up and away from skin. Do not twist.

IMPORTANT! Save the tick in a plastic bag & contact IGeneX or Bay Area Lyme Foundation for tick testing.

Found a Tick? After the Bite

Watch for Lyme disease symptoms: Flu-like ailments or chills, lack of energy or extreme fatigue. A circular bull’s-eye rash or a small bump or redness at the tick bite may develop.

If the tick tests positive or you suspect Lyme disease, contact a doctor familiar with Lyme; preferably a LLMD (Lyme Literate Medical Doctor). Consult the International Lyme and Associated Diseases Society (ilads.org) for a physician referral, if needed.

Stay Vigilant. With an early Lyme infection, antibodies may not have had time to develop in your body. Therefore, a blood test at this time may appear negative. You may have Lyme disease even with a negative test result. Monitor your symptoms, learn about Lyme disease and trust your body and your gut instinct.