

## Lyme Disease

### What is Lyme disease?

Lyme disease is caused by a bacterium, *Borrelia burgdorferi*. It was first identified in the U.S. in a cluster of children in Lyme, Connecticut in 1977, hence the name. The bacteria are transmitted to humans by the bite of infected deer ticks and cause more than 16,000 infections in the United States each year.

### Who gets Lyme disease?

Lyme disease can affect people of any age. Persons who spend time in wooded or grassy areas are at greater risk of disease because of the increased exposure to ticks. Persons who work or play in their yard, participate in recreational activities away from home such as hiking, camping, fishing, and hunting, or engage in outdoor occupations, such as landscaping, brush clearing, forestry, and wildlife and parks management in endemic areas may also be at risk of contracting Lyme disease.

### When are ticks most active?

Deer ticks in the nymphal, or juvenile, stage, which are about a tenth of an inch long, are active in spring and summer. Adult ticks, which are about a quarter of an inch in size, are most active in middle to late fall. These are the times of the year it is possible to get Lyme. Not all deer ticks are infected with Lyme disease though.

### Does New Hampshire have Lyme disease?

Lyme disease is most prevalent in the northeastern part of the United States, which includes New Hampshire.

### How is Lyme disease transmitted?

Lyme disease is spread in New England by the bite of the black legged tick (*Ixodes scapularis*), also called the deer tick because of its prevalence on deer. Other species trans-

mit the bacteria in other parts of the country. Ticks feed by inserting their mouths into the skin of a host and drawing blood. If a tick feeds on an animal infected with Lyme disease and then on a person, it can transmit the bacteria to the person. Someone cannot, however, give Lyme disease to someone else; it is not a contagious disease.

### What are the symptoms of Lyme disease?

The illness usually occurs during the summer months and generally starts as a large reddish circular rash around or near the site of the tick bite. Multiple rash sites may also appear. During the rash stage, or occasionally prior to the rash, other symptoms such as chills, fever, headache, fatigue, stiff neck, swollen glands, and muscle and/or joint pain may be present. These may last for several weeks. If Lyme disease is left untreated for a few weeks or months after the rash onset, complications such as meningitis, facial palsy, arthritis, and heart abnormalities may occur and other body systems may be affected. Swelling and pain in the large joints may recur over many years. These later symptoms may appear in people who did not have early symptoms or did not recognize them.

### How long does it take the symptoms to appear?

Symptoms usually begin within a month of exposure, but onset ranges from 3 to 32 days.

### Does past infection with Lyme disease make a person immune?

It is possible for someone to get Lyme disease more than once based on current data.

### What is the treatment for Lyme disease?

Antibiotics are used effectively against Lyme disease. Early diagnosis improves the outcome of treatment so it is impor-

tant to contact your healthcare provider if you are feeling sick.

### **Is there a vaccine?**

A vaccine was available for Lyme disease, but in February 2002, the manufacturer announced that LYMERIX would no longer be commercially available.

### **What can I do to prevent getting Lyme disease?**

When in tick-infested areas:

- Wear light-colored clothing to make ticks easy to see
- Tuck pants into socks and shirts into pants
- Consider using an insect repellent
- Check after every two or three hours of outdoor activity for ticks on clothing and skin
- A thorough check of body surfaces for attached ticks should be done at the end of the day
- If removal of attached ticks occurs within 36 hours, the risk of tickborne infection is minimal.

### **How should a tick be removed?**

Grasp the mouthparts with a tweezer as close as possible to the attachment (skin) site. If tweezers are not available, use fingers shielded with tissue or rubber gloves. Do not handle a tick with bare hands. Be careful not to squeeze, crush, or puncture the body of the tick, which may contain infectious fluids. It is important that a tick be removed as soon as it is discovered. After removing the tick, thoroughly disinfect the tick site with rubbing alcohol or an antibacterial wash and then wash hands with hot water and soap. See or call a doctor if there are concerns about incomplete tick removal. Do not attempt to remove ticks by using petroleum jelly, lit cigarettes, or other home remedies because they may actually increase the chance of contracting a tick-borne disease.

For specific concerns or questions about Lyme disease, call the New Hampshire Department of Health and Human Services, Bureau of Communicable Disease Control at 603-271-4496 or 800-852-3345 x4496. For further information, refer to the Centers for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov) or the New Hampshire Department of Health and Human Services website at [www.dhhs.state.nh.us](http://www.dhhs.state.nh.us).