

# Lyme Disease

## FACTS:

- Lyme disease is a bacterial infection transmitted to people and animals by the bite of an infected tick.
- Cases have been reported in both the upper and lower peninsula and in most of Michigan's 83 counties.
- The risk of developing the illness is minimal in Michigan and even if infection occurs, the disease can be diagnosed and treated with antibiotics.
- The disease is most common from May through August, when ticks are most active, and humans are more active outdoors.

## Bats, Bugs and Bacteria Month

## RESOURCES:

### Washtenaw County Public Health

<http://publichealth.ewashtenaw.org>

### Michigan Department of Natural Resources

#### Lyme disease information

[http://www.michigan.gov/dnr/0,1607,7-153-10370\\_12150\\_12220-26945--,00.html](http://www.michigan.gov/dnr/0,1607,7-153-10370_12150_12220-26945--,00.html)

### Michigan Department of Community Health

#### About Lyme disease

<http://www.michigan.gov/emergingdiseases/0,1607,7-186-25890---,00.html>

### Michigan Lyme Disease Association

<http://www.hvcn.org/info/mlda/>

### Centers for Disease Control and Prevention

#### Learn about Lyme Disease

<http://www.cdc.gov/ncidod/dvbid/lyme/index.htm>

### National Lyme Disease Foundation

<http://www.lyme.org/>



## **WHAT YOU SHOULD KNOW:**

- Lyme bacteria are not transmitted from person to person contact; they are transmitted to people and animals primarily by the bite of the tick.
- Lyme disease is most often a mild illness mimicking a summer flu, but serious problems involving the heart, joints and nervous system may develop in some individuals.
- Symptoms include tiredness, fever, headache, stiff neck, muscle ache, and joint pain. Additionally, about 80% of patients will have a red, slowly expanding bulls-eye rash at the point of puncture.
- Lyme disease is difficult to diagnose because the disease mimics many other diseases and there is no definitive test for it at this time. A diagnosis should be based on a history of tick bite, the presence of a circular rash, an examination by a physician for other symptoms, and laboratory tests.
- Prompt diagnosis and treatment with antibiotics can cure the infection and prevent later complications in both humans and domestic animals.
- While there is no sure way to completely eliminate the chance of contracting Lyme disease, there are several specific preventative measures one can take:
  - Wear long pants tucked into boots or socks and wear long-sleeved shirts buttoned at the cuff.
  - Use tick repellents containing 0.5% permethrin or mosquito repellents containing 30% DEET.
  - Examine clothing, skin and pets for ticks and remove them promptly.

## **SERVICES AVAILABLE:**

If you have questions about possible exposure to Lyme disease, please contact Washtenaw County Public Health at 734-544-6700.

You can also contact the Michigan Department of Community Health for further information.

Michigan Department of Community Health  
Communicable Disease and Immunization Division  
517-335-8165