



Safety Message of the Day for IMEA Members



Lyme Disease Safety Message

Lyme disease is a bacterial infection spread by deer ticks and black-legged ticks. Over 300,000 people are diagnosed with Lyme disease each year in the United States, according to the CDC. The region where these ticks are present, as well as Lyme disease, has greatly increased over the last few decades. Lyme disease is a real concern for many parts of the United States.

Early Signs and Symptoms (3 to 30 days after tick bite)

- Fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes
- Erythema migrans (EM) rashes- Rashes that are located at the bite site and often are a red circle or oval-shaped rash that can resemble a bull's eye

Later Signs and Symptoms (days to months after tick bite)Lyme disease and tick safety

- Severe headaches and neck stiffness
- Additional EM rashes on other areas of the body
- Arthritis with severe joint pain and swelling, particularly in the knees and other large joints.
- Facial or Bell's palsy (loss of muscle tone or droop on one or both sides of the face)
- Intermittent pain in tendons, muscles, joints, and bones
- Heart palpitations or an irregular heart beat (Lyme carditis)
- Episodes of dizziness or shortness of breath
- Inflammation of the brain and spinal cord
- Shooting pains, numbness, or tingling in the hands or feet
- Problems with short-term memory

It is important to prevent tick bites. Proper prompt removal of any ticks that have bitten you will also protect you from getting infected from the bite. It is important to understand the symptoms of Lyme disease. Often times the disease is not diagnosed properly and this can lead to more serious issues.