

# 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:

**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 your local health department.

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