Lyme Disease in Britain

Facts
- Lyme disease is present across the UK.
- Lyme disease is transmitted by the bite of an infected tick.
- Recent statistics show that case numbers are rising - the actual total is unknown.
- Lyme disease is treated with antibiotics, which may be long term.
- Testing does not identify all cases.
- Tick bites are painless, and can go unnoticed.
- Ticks can also carry other diseases.

Quotes
- “My life has essentially been shattered by Lyme”
- “I struggle to look after my children”
- “After a year of debilitating illness I am now much improved after long term treatment”

Symptoms may include
- Feeling unwell
- Flu-like symptoms
- Extreme fatigue
- Muscle/Joint pain
- Muscle weakness
- Upset digestive system
- Headache
- Disturbances of the nervous system
- Poor sleep
- Sometimes a ‘Bull’s eye’ rash

Tick removal
- As soon as possible
- DO use a tick removal tool
- DO NOT apply any creams, oils or heat to the tick
- See your doctor if you have any symptoms

Preventing bites
- Keep legs and arms covered
- Try not to brush against vegetation
- Consider using repellent
- Ticks are easier to see on light clothing

Lyme Disease Action
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Registered Charity Number 1100448
Registered Company Number 4839410

For more information and tick removers visit www.LymeDiseaseAction.org.uk