

www.LymeDiseaseAction.org.uk

Lyme Disease in Britain

Facts

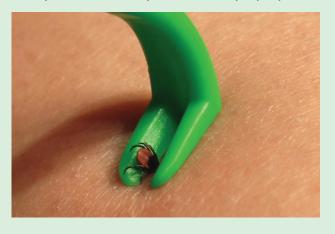
- Lyme disease is present across the UK.
- Lyme disease is transmitted by the bite of an infected tick
- Recent statistics show that case numbers are rising - the actual total is unknown
- Lyme disease is treated with antibiotics, which may be long term
- Testing does not identify all cases
- Tick bites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

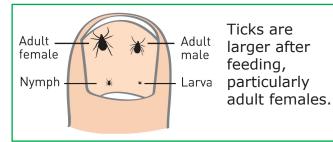
Quotes

- "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"

Tick removal

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





Symptoms may include

- Feeling unwell
- Flu-like symptoms
- Extreme fatique
- Muscle/Joint pain
- Muscle weakness
- Upset digestive system
- Headache
- Disturbances of the nervous system
- Poor sleep
- Sometimes a 'Bull's eye' rash



Preventing bites

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