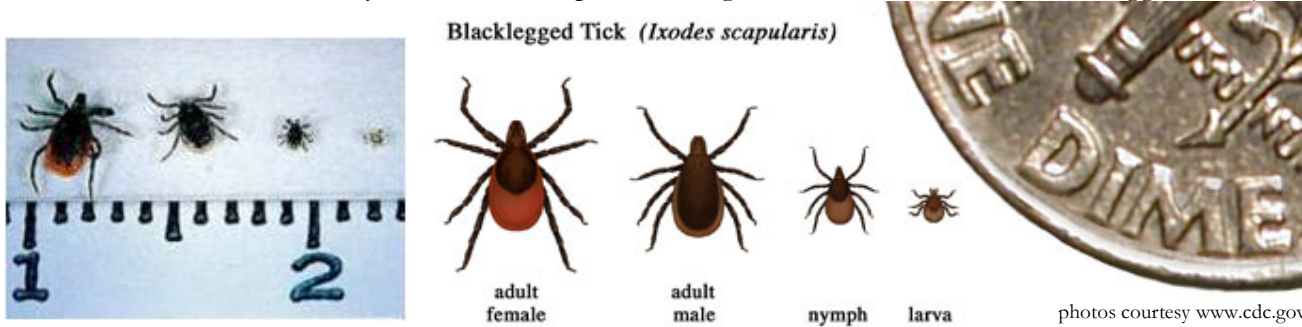


LYME DISEASE IN LOUDOUN COUNTY VIRGINIA

Courtesy of the Loudoun Lyme Disease Commission

EXPOSURE

- Lyme disease is present throughout Loudoun County.
- The bacteria that cause Lyme disease are spread through the bite of an infected blacklegged tick (deer tick).



- The bacteria that cause Lyme disease cannot be spread by casual human contact or by eating infected meat.
- Not all blacklegged tick bites result in Lyme disease.
- Bushy and wooded areas with leaf litter and tall grasses are places ticks prefer.
- Blacklegged ticks can become infected after feeding on white-footed mice and other small rodents. The rodents are the source of the infection and the tick becomes infected after feeding on the rodent.

DETECTION

- A circular rash, also called a bull's eye rash, can be associated with Lyme disease; however Lyme disease can occur without a bull's eye rash.
- Some early symptoms of Lyme disease can resemble those of the flu such as fever, chills, muscle aches and fatigue.
- Lyme disease symptoms can occur between 3-30 days after the initial tick bite.
- Lyme disease can affect the heart and nervous system.
- All of the following can be symptoms of Lyme disease:
 - Arthritis
 - Bell's Palsy (facial paralysis)
 - Fatigue
 - Fever/Chills
 - Headache
 - Joint and Muscle Pain
 - Memory Impairment/Brain Fog
 - Nausea/Vomiting/Stomach Ache
 - Neck Stiffness

TREATMENT

- The rash and flu symptoms of Lyme disease will typically go away even if not treated; however, untreated Lyme disease can spread to other parts of the body, such as the nervous system, heart and joints.
- The best way to remove an attached tick is with pointed tweezers or a Tick Spoon, grasping the tick as close to the skin surface as possible and pulling upward.
- One should not use Vaseline or other chemicals, matches, a heat source or a razor to remove a tick.

PREGNANCY

Prevention and early diagnosis of Lyme disease in pregnancy is important. Antibiotics can be taken during pregnancy. Untreated, Lyme disease can be dangerous to your unborn child.

PREVENTION

- Things you can do to prevent Lyme disease include:**
- Avoid areas that may have a lot of ticks (bushy, wooded areas with tall grass or leaf litter)
 - Use insect repellent
 - Wear light-colored clothing to easily spot ticks
 - Wear long sleeve shirts, pants, and long socks
 - Tuck pants into socks
 - Check yourself and others for ticks after being outside

IF YOU THINK YOU HAVE BEEN EXPOSED TO LYME DISEASE, CONTACT YOUR HEALTH CARE PROVIDER.

For more information visit www.loudoun.gov/lymecommision or email us at lyme@loudoun.gov