

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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It's fall but the ticks will still crawl!

Lyme disease is an infection caused by the bacterium *Borrelia burgdorferi*, spread by the bite of an infected black legged (deer) tick. It can infect the skin, joints, heart, and nervous system if not treated quickly.

Risk and Prevention

- Living in areas where Lyme disease is common, like Connecticut or other states in New England is a significant risk factor
- After outdoor activities, or time spent in wooded, grassy areas check for ticks
- Wear long sleeves and pants and shower after being outdoors
- Use insect repellents with DEET, picaridin, or permethrin-treated clothing
- Remove ticks with fine-tipped tweezers, grasping close to the skin and pulling straight out

When to Treat

- If a characteristic bulls-eye rash (erythema migrans) develops
- If a blood test confirms Lyme disease after developing symptoms like facial droop or joint swelling
- Prophylaxis with antibiotics should be given if the tick was attached for greater than 36 hours

Stages

- Early (days to week after bite): expanding red bulls-eye rash, fever, headache, fatigue, muscle aches
- Early Disseminated (weeks to months): multiple rashes, facial weakness, heart palpitations
- Late (months to years if untreated): swollen joints, nerve pain, memory problems

DON'T LET A TICK MAKE YOU SICK – CHECK QUICK!



At Pequot Health Care, we are dedicated to maintaining your good health!

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