



Lyme Disease Action

www.LymeDiseaseAction.org.uk

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

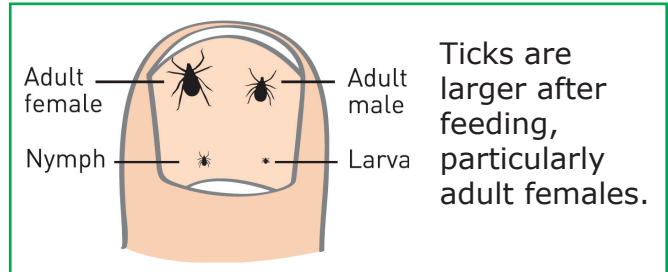
- "My life has essentially been shattered by Lyme"
- "I struggle to look after my children"
- "After a year of debilitating illness I am now much improved after long term treatment"

Tick removal

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



Lyme Disease in Britain



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



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

PO Box 235, Penryn, Cornwall TR10 8WZ, UK

Registered Charity Number 1100448

Registered Company Number 4839410

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