



It's Tick Season. Know the Facts About Lyme Disease.

The rate of incidence of Lyme disease in Maine has been steadily increasing. In 2008, almost 800 confirmed cases were reported - triple the number seen in 2005. Lyme disease is transmitted by the deer tick, and although they are found all over the state, deer ticks are most abundant along the southern coast of Maine.

It's important to know the facts. The Centers for Disease Control offers the following information:

Learn the early signs & symptoms of a tick-borne illness:

The first sign of infection is usually a circular rash which occurs in approximately 70-80% of infected persons and begins at the site of a tick bite after a delay of 3-30 days. The center of the rash may clear as it becomes enlarged, resulting in a bull's-eye appearance.

Patients may also experience symptoms of

fatigue, chills, fever, headache, and muscle and joint aches, and swollen lymph nodes. Untreated, the infection may spread to other parts of the body within a few days to weeks, producing an array of discrete symptoms, including loss of muscle tone on one or both sides of the face ("Bell's palsy").

It is best to seek treatment early in the course of illness.

See your healthcare provider to discuss treatment options. Also, if a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is small. But just to be safe, monitor your health closely after a tick bite and be alert for any symptoms.

Lyme Disease Prevention Tips:

Avoid areas with a lot of ticks: Ticks prefer wooded and bushy areas with high grass and a lot of leaf litter.

Keep ticks off your skin: Use insect repellent with 20% - 30% DEET on exposed skin and clothing, and wear long pants, long sleeves, and long socks to minimize exposure.

Check your skin and clothes for ticks every day: Perform daily tick checks after being outdoors, even in your own yard. Remove any ticks immediately with fine-tipped tweezers.

Take extra precautions in May, June, and July. This is when ticks that transmit Lyme disease are most active.

If you think you may have Lyme disease,

see your healthcare provider or visit one of the York Hospital services listed below for treatment. For more information on Lyme disease, visit the CDC website at www.cdc.gov. For information about York Hospital services and community sites, visit www.yorkhospital.com.

 **York Hospital**
Emergency Care


15 Hospital Drive, York, ME 03909 207-363-4321

Wells ERgent Care

at  **York Hospital in Wells**

114 Sanford Rd (Rte 109), Wells, ME 04090 207-646-5211

Berwick Walk-in Care

at  **York Hospital in Berwick**

4 Dana Drive, Berwick, ME 03901 207-698-6700