



# Wake Up to Lyme

Lyme Disease UK

www.lymediseaseuk.com  
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Join us online!

**Lyme disease can be difficult to treat if not diagnosed early. Follow these tips to protect yourself and your family from Lyme disease this year:**

- ✓ **AVOID** walking through long grass and stick to pathways
- ✓ **TUCK** your trousers in your socks and **WEAR** long sleeved tops
- ✓ **USE** insect repellent when walking in wooded areas
- ✓ **CHECK** yourself and your children for ticks (hairline, navel, groin, ears, in-between fingers and toes) and **SHOWER** when you get home
- ✓ If you see an embedded tick, **REMOVE** it as quickly as possible using the correct tick removal technique - see our website for details
- ✓ If you become **UNWELL** or notice a **RASH**, see your **GP** immediately and mention your concerns about Lyme disease

**?** Did you know Lyme disease mimics many other conditions including Chronic Fatigue Syndrome, Fibromyalgia, M.E. and ALS?

## About ticks

Ticks can be found all over the UK including woodland, heathland, long grass and even urban parks and gardens.

Some ticks can be as small as a poppy seed and so it can be very easy to miss them.

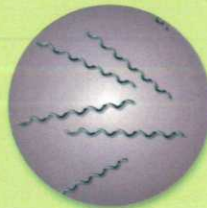
Ticks cause a number of infections, including Lyme disease.

There can be serious complications if the disease is left untreated.



## What is Lyme disease?

Lyme disease is an infection caused by numerous strains of Borrelia, which are corkscrew-shaped spirochaetal bacteria.



Lyme disease may be spread by other biting insects too.

There is ongoing debate about whether the illness can be transmitted congenitally, sexually as well as via blood and organ donation. More research is desperately needed in this area.

## Symptoms

Tick bites aren't painful, many people don't even notice a bite.

The most distinctive sign is a bull's-eye rash but many patients do not experience this or may present with an atypical rash instead.

Initial symptoms may include: fatigue, fevers, nausea, 'summer flu', Bell's palsy, headaches and a stiff neck.



Visit [www.lymediseaseuk.com](http://www.lymediseaseuk.com) to find out more about the complexities of Lyme disease testing, diagnosis and treatment.

Awareness campaign supported by



A scientifically proven, naturally sourced insect repellent. DEET-free, Mosi-guard Natural provides 6 hours of protection against the ticks known to carry Lyme disease.