

## PROTOCOL FOR TREATMENT OF LYME DISEASE

### SUBJECTIVE:

1. Did the patient recently spend time outdoors in a wooded or grassy area?
2. Was the patient recently bit by a tick about the size of a poppy seed or pinhead?
3. Is the patient exhibiting symptoms of Lyme Disease?
  1. A circular, red rash that expands leaving a "bull's-eye" ring
  2. Flu-like chills and fever, nausea, headache
  3. Pain and stiffness in joints and muscles and a stiff neck?

Some individuals develop arthritis in one or more joints weeks to months after the appearance of the rash and a few individuals develop heart and/or nerve problems.

### OBJECTIVE:

1. Does the patient have a red rash or fever?
2. Does the patient have a small tick the size of a poppy seed or pinhead imbedded in their skin?

### ASSESSMENT:

1. Any individual who recently spent time outdoors in a grassy or wooded area and now is experiencing a rash, flu-like symptoms or joint pain may have been infected with Lyme Disease and may need to be treated with antibiotics.

### PLAN:

1. Refer the patient to a physician for evaluation.
2. Encourage patients to use preventive measures when they spend time outdoors such as :
  1. Tucking pants into long socks
  2. Wearing closed boots or shoes
  3. Wearing long sleeves and hat
  4. Wearing insect repellent containing DEET on skin and clothes
  5. Checking for ticks after spending time outdoors. When a tick is found, it should be removed by applying a drop of mineral oil or alcohol then use a pair of tweezers to remove it from the skin, pulling with slow steady pressure. After the tick is removed, cleanse the area with soap and water and apply alcohol to the bitten area.

**NOTE:** Lyme Disease is not common, and is difficult to accurately diagnose.



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**LYME DISEASE**

You can get Lyme Disease from the bite of a deer tick, an orange-brown tick about the size of a pinhead. The tick is usually found in the woods but can also be present in grassy areas and on animals such as dogs.

How can you prevent Lyme Disease?

1. Wear long sleeves, pants and a hat.
2. Tuck pants into long socks and wear boots or shoes, not sandals.
3. Spray bug spray containing DEET on your clothing before going outdoors.
4. Check your family and pets for ticks after being outdoors.
5. If you find a tick remove it with a tweezer, pulling it gently straight out. Wash the bitten area with soap and water and put alcohol on it.


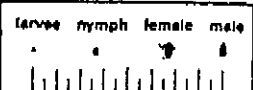
How do I know if I have Lyme Disease?

1. The symptoms of Lyme Disease include a red, ring-shaped rash that gets bigger and can occur anywhere on the body, not necessarily where the bite was.
2. Other symptoms include fever, chills, headache, nausea, weakness and fatigue.
3. Some people feel like they have arthritis - pain and stiffness in joints and muscles or a stiff neck.

What do I do if I think I have Lyme Disease?

1. See your doctor right away if you start having symptoms of Lyme Disease or if you find the orange-brown deer tick on your body.
2. Lyme Disease can usually be treated with antibiotics.

**IX - TICK™ IDENTIFICATION CARD**

<p><b>DEER TICK</b></p> <p>Can be a carrier of Lyme Disease. Very small... fits in hole above. Is orange-brown with black spot near head.</p>	 <p>Female Adult</p>	<p><b>WOOD TICK</b></p> <p>Is unlikely to transmit Lyme Disease. Twice as large as Deer Tick. Has white marks near head.</p>
<p>Actual DEER TICK sizes shown below.</p>		
<p>ACTUAL SIZE</p>	 <p>larva nymph female male</p>	<p>INCH SCALE</p>

**DEERWOOD OFF!**

### ENFERMEDAD DE LYME

Que es la enfermedad, LYME? Esta enfermedad es causada por un piojo o garrapata que se encuentran en animales y tambien se encuentran afuera en areas que tienen muchos arboles y sacate alto como en parques y areas junto al rio. La persona puede ser infectada por un piquete de este piojo o garrapata sin sentir. Este piojo es de color anaranjado y cafe como del tamaño de una cabeza de alfiler, es muy pequeño. Se encuentran en areas con arboles y sacate alto y tambien en animales como perros.

#### COMO PUEDE PREVENIR LA ENFERMEDAD DE LYME?

1. Vistase con mangas largas, pantalones y sombrero.
2. Meta las piernas del pantalon entre los calcetines y pongase zapatos o botas pero nunca use sandalias.
3. Antes de salir a estas areas debe de rociar o untar medicina sobre toda su ropa (Deep Woods Off) o otra clase que usted prefiera pero lea la etiqueta para estar seguro que contenga el ingrediente "DEET".
4. Despues que usted y su familia y sus animales de casa haigan regresado de estas areas, es bueno examinarse bien.
5. Si encuentra unos de estos piojos o garrapatas en su cuerpo, quitelo con unas pinzas estirando muy suavemente y derecho para arriba. Lave la area del piquete del piojo con agua caliente y jabon y unte alcohol.

#### COMO PUEDE SABER SI TIENE ESTA ENFERMEDAD DE LYME?

1. Los sintomas de LYME incluye un roncha redonda y colorada que crece grande y puede ocurrir en cualquier parte del cuerpo pero no necesariamente en la parte donde recibio el piquete.
2. Otros sintomas incluye, fiebre, escalofrio, dolor de cabeza, mareos, debilidad y cansancio.
3. Otros pacientes se sienten como que tienen artritis y adoloridos de las coyunturas y musculos, y el pesquero lo sienten muy duro o tieso.

#### QUE ES LO QUE DEBE HACER SI USTED PIENSA QUE TIENE LA ENFERMEDAD DE LYME?

1. Consulte con un medico tan pronto posible si empieza a tener los sintomas de esta enfermedad, o si encontro unos de estos piojos o garrapatas de color anaranjado y cafe en su cuerpo.
2. Esta enfermedad de LYME puede ser tratada con antibioticos (penicilina).