

Written by: Richard O'Brien

Avoiding Lyme Disease

Lyme disease, in some cases termed as Lyme infection, is really a bacterial illness, transmitted to humans by the bite of deer ticks carrying a bacterium known as *Borrelia burgdorferi*. The bacteria possess a sophisticated life cycle, spending portion of their life in the deer tick and part in certain mammals including rodents and deer. Human beings are not part of the bacterium's life cycle but sometimes turn into infected when injured by the tick. Lyme disease can impact different body systems, like the nervous system, joints, skin, and coronary heart.

Lyme Disease Signs Or Symptoms:

The initial infection can occur with minimum or no symptoms. But many people encounter a flu-like primary illness or a typical rash many days to some weeks after a tick bite.

The flu like sickness generally only occurs in the warm weather when flu doesn't happen.

The rash can be a red rash that develops in size daily. It is a skin sore that generally begins as a red spot and grows in a period of days to many weeks to form a large circular lesion. A red circular mark which begins within hours and is smaller generally is a response to the tick bite. When the rash occurs at the site of the tick bite, it can be called a primary lesion. Several secondary lesions can take place that are a reaction to the problem and therefore are not due to numerous tick bites. Most of these lesions can mature to the scale of a football. This expanding in size is characteristic of Lyme disease.

Their shape can be circular or oval. Not dealt with, the signs of the key illness usually goes away themselves within a few weeks, even though rash may happen again.

When you should seek out Health Care: When the above symptoms are seen speak to a health practitioner. Prompt treatment at this point cuts down on risk of further more symptoms of Lyme disease.

Remove any attached ticks with tweezers. The sooner the tick is removed helps reduce the chance of Lyme infection. If you fail to remove the head of the tick, visit your doctor, who will remove it. Small children with fever and severe headache should go to a doctor immediately, as these might be the only symptoms that occur.

When the initial infection of Lyme is not treated, the symptoms might go away initially, but with Lyme Disease, the symptoms can occur months later.

Lyme Disease Treatment:

Health professionals will treat primary or early Lyme disease with antibiotics taken orally. Doctors may treat cases of nerve, heart, or arthritic Lyme disease with intravenous antibiotics in some cases.

Ways To Prevent Lyme Disease:

There are methods to keep Lyme Disease at bay.

Avoidance: Try to steer clear of woodlands and bush places that the tick lives, specifically during the peak season of summer time and early fall.

Elimination: If you see a bite, it is crucial to watch for symptoms, which will show up in about 3 weeks. If you notice a tick, instantly remove it. This greatly cuts down on the probability of contamination.

Sanitize: Clean the bite and the area around it extensively with alcohol or any other skin germ killing option.

Prescription drugs: (as described previously).² Use repellents only in small amounts, avoiding unnecessary repeat application.

Try to reduce the use of repellents by dressing in long sleeves and pants tucked into socks or boots.

Do not apply near eyes, nose or mouth and use sparingly around ears. Do not apply to the hands of small children.

Use an insect repellent containing DEET or permethrin (Apply DEET sparingly to skin according to directions on the label).

Apply repellents according to label instructions. Applying directly to clothing is very effective.

Avoid plantings that especially attract deer and other animals.