

Skeehchooash

Pequot for Grasses, Herbs, Medicines

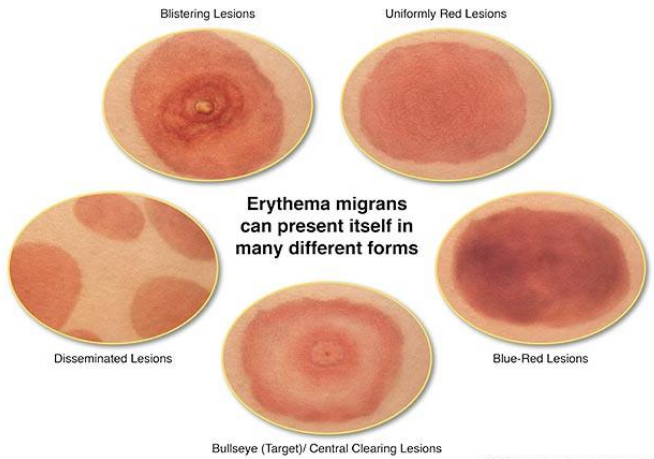
PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

June 2022

Lyme Disease

Symptoms of Lyme Disease:

- Rash
- Fever, chills
- Fatigue
- Body aches
- Headache
- Neck stiffness
- Swollen lymph nodes

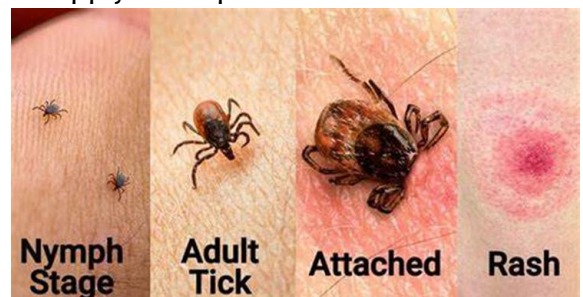


Prevention:

- Cover up
 - When in wooded or grassy areas: wear shoes, long pants tucked into your socks, a long-sleeved shirt, a hat, and gloves
 - Try to stick to trails and avoid walking through low bushes and long grass.
- Use insect repellants
 - Apply an insect repellent of at least 20% DEET to the skin avoiding eyes, nose, and mouth
- Check your clothing, yourself, kids, and pets for ticks
 - Ticks are very small and can be hard to spot
 - Showering and using a washcloth after being in wooded or grassy areas may help remove any unattached ticks you did not spot
- Remove a tick as soon as possible with tweezers
 - Gently grasp the tick near its head or mouth. Don't squeeze or crush the tick, but pull carefully and steadily.
 - Once you've removed the entire tick, dispose of it by putting it in alcohol or flushing it down the toilet, and apply antiseptic to the bite area.

Treatment:

- Can be treated with antibiotics
 - Typically a 14-21 day course of doxycycline, amoxicillin, or cefuroxime
- Important to see a doctor even if symptoms disappear
 - Lyme disease symptoms may go away without the infection clearing
 - If left untreated, the infection can spread to the joints, heart, and nervous system



Source: <https://www.cdc.gov/lyme/index.html>

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