Lyme disease:
What is it and are you at risk?

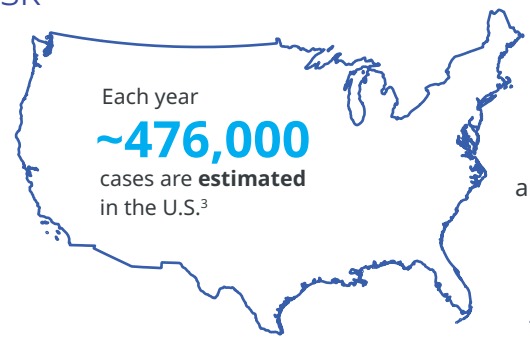
Pfizer valneva

Lyme disease is a bacterial infection caused by *Borrelia burgdorferi,* transmitted by the bite of a tick.[1]

Where there is a risk of Lyme disease:

Lyme disease has been reported in **80 countries** around the world.[2]

In the US and Europe, Lyme disease is the **most commonly reported vector-borne disease.**[3,4]



and

When to be alert:

Ticks are most active **between April and November,** but tick exposure can occur year-round.[5]

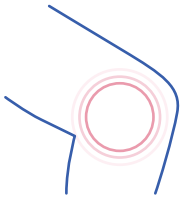
Where to be alert:

Ticks are most often found in grassy, wooded or bushy areas such as **parks, gardens, forests and meadows.**[6]

Be aware that ticks can also be present in urban parks and gardens.[7]

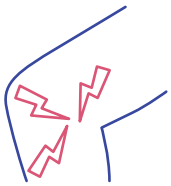
What to look out for:

Lyme disease is typically characterized by a **circular red rash** in approximately **70-80%** of those infected with a clear central zone that forms around the tick bite.

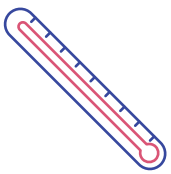


The 'bullseye rash' usually appears within the first **four weeks of infection** and may **last for several weeks.**[8]

People infected can also experience:[8,9]



Arthritis and severe joint pain



A high temperature

Headaches and neck stiffness

Facial palsy

Tiredness and loss of energy

Lyme disease is **often misdiagnosed** and **early symptoms are often missed.**[9] Left untreated **serious long-term complications can develop.** Some patients continue to experience symptoms even after treatment.[8,9]

How to help protect yourself:[8,10,11]

Using insect repellents during outdoor activities

Wearing light-colored clothing, including long sleeve tops and long pants tucked into socks

Checking your body regularly for ticks and shower after spending time outdoors to prevent any ticks from attaching

Remove tick within 24 hours to reduce risk of transmitting bacteria, and monitor any symptoms for 30 days

Consider **talking to your healthcare provider** if you live in an area **where Lyme disease is common**.

Please turn over for reference list

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