

Lyme Disease

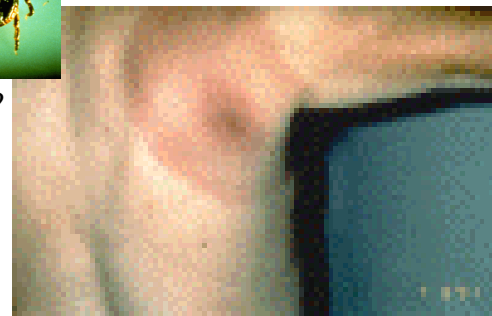
Pre-reading

Questions:

- Did you know that you can get a disease from a tick bite?
- What do you know about Lyme disease?

Definitions:

- Symptom – something that happens in the body that means there may be a disease
- Paralysis – losing the ability to move a body part
- Persistent – something that doesn't go away easily



Reading

17 Lyme disease is caused by the bite of an infected deer tick. The disease affects both humans
37 and animals. To get Lyme disease, a person must be bitten by a deer tick that is infected with the
54 Lyme disease bacteria. Not all deer ticks are infected with the bacteria, so not all deer ticks
73 **transmit** the disease. The tick must be attached to the body for at least 24-48 hours to **transmit** the
74 bacteria.

74 The symptoms of Lyme disease may be different for each person. People often feel like they
90 have the flu. In just a few days, a person may get a rash, fever, chills, headache, muscle pain and
110 may feel tired. As time goes on, a person may get several rashes, paralysis on one side of the face,
130 or stiffness or numbness in their arms or legs. They may also have persistent weakness and
146 fatigue.

147 If a person **suspects** Lyme disease, he or she should contact a doctor immediately. Early
162 diagnosis and treatment can reduce the time a person is ill. Lyme disease can be treated with
179 antibiotics to kill the bacteria. The antibiotics work better the earlier the disease is diagnosed.

194 To prevent getting Lyme disease, here are some tips:

- 203 • If you are walking or hiking, stay on the paths or trails.
- 216 • Do not go into areas with lots of trees and bushes during May, June and July.
- 233 • Use a good tick repellent.
- 239 • Keep your lawns mowed and bushes trimmed.
- 247 • Have your dog vaccinated for Lyme disease.
- 255 • Check your dog or cat for ticks before allowing them in the house.
- 269 • Check often for ticks on yourself, children, and pets.

279 If you find a tick on yourself or someone else, don't panic, but remove the tick promptly. If
297 possible, use a pair of tweezers to grasp the tick by the head. Grasp the tick close to the skin and
318 pull the tick outward slowly, gently and steadily. Do not squeeze the tick. Use an antiseptic on the
336 bite.

337 After the tick is removed, see a doctor immediately if you have any symptoms of Lyme
353 disease.

354 Adapted from the MN Department of Health's Lyme Disease Fact Sheet

Level 6.0

Understanding

1. What are some symptoms of Lyme disease? _____

2. What months of the year should you stay out of areas with lots of trees and bushes? _____

3. How is Lyme disease treated? _____

4. What should you do if you find a tick on yourself? _____

5. What does the word **transmit** mean? _____

6. How long must the tick be attached to the body to transmit the Lyme disease bacteria? _____

7. What does the word **suspects** mean in this article?
 - a. To have doubts, or distrust about something or someone.
 - b. A group of people that the police think committed a crime.
 - c. To think or guess that something is true.

Writing

Option A: If you have had a tick bite, tell how the tick was removed and if it was removed the right way.

Option B: In your own words, summarize what you know about Lyme disease.
