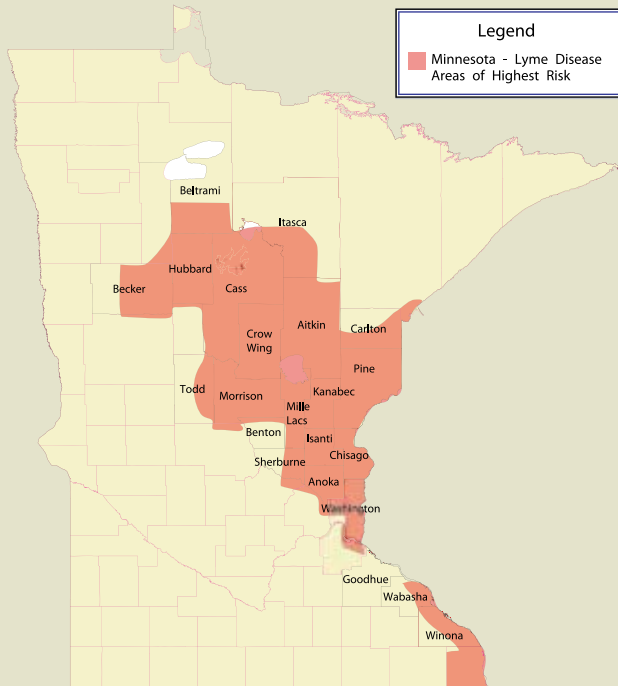


MINNESOTA'S FORESTS HAVE BEAUTY, WILDLIFE... AND LYME DISEASE

The disease is more common in humans and animals than you may realize:



The risk of exposure to tick-borne diseases in Minnesota is highest in the shaded areas of this map, according to 2006 information from the Minnesota Department of Health.

- According to the Centers for Disease Control, there were 914 cases of Lyme disease reported in Minnesota in 2006, the eighth highest number among all states. Our neighbors in Wisconsin had even more cases reported in 2006 – 1,466.
- During the 10 year period from 1997 - 2006, there were 5,921 confirmed cases of Lyme disease in Minnesota.
- Although persons of all ages and genders are susceptible to tick bites, Lyme disease is most common in the U. S. among boys ages 5-19 and persons ages 30 or older.
- Lyme disease has also been diagnosed in dogs, cats, horses, goats, sheep and cattle. If left untreated, it can damage an animal's eyes, heart, kidneys and nervous system.

ABOUT MFI

Minnesota Forest Industries (MFI) is an association representing the state's forest products companies. MFI members encourage conservation, proper forest management and industry development that foster sound environmental stewardship, multiple use of timber lands and sustainable long-term timber supply.

For additional information, please long on to minnesotaforests.com.

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SYMPTOMS, PREVENTION AND TREATMENT



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WHAT IS LYME DISEASE?

Lyme disease is a bacterial disease that is transmitted to humans and animals by the bite of an infected deer tick (also called the black-legged tick). The illness may affect the skin, joints, nervous system, heart and other areas of the body.



Ticks are quite small. This one is shown at about 10 times its actual size.

Signs and symptoms in humans

Recognizing the early signs and symptoms of Lyme disease is important. If you have one or more of these signs and symptoms within three to 30 days after a deer tick bite, see your physician immediately:

- Within 1 to 2 weeks of being infected, people may have a bull's-eye skin rash – a red ring with a central clearing, although not all rashes have a central clearing.
- Some people have Lyme disease and do not have any early symptoms.
- Fever and chills
- Muscle and joint pain
- Fatigue
- Headache

If a person is not treated early in the disease, these late signs and symptoms may develop weeks, months or years after the tick bite:

- Multiple rashes
- Facial paralysis on one side
- Weakness, numbness or pain in arms and legs
- Irregular heartbeat
- Memory, concentration problems
- Chronic arthritis in one or more joints, usually the knees, which may be swollen and painful

Signs and symptoms in animals

Lyme disease can affect individual pets differently. If left untreated, the disease may damage the eyes, heart, kidneys and nervous system.

Dogs

Infected dogs may be lethargic, have a poor/loss of appetite or a fever (103°-105°F). Dogs may also experience lameness shifting from one joint to another, fatigue, kidney damage or failure, heart disorders or neurological involvement (e.g. aggression, confusion, overeating, seizures). Dogs can be infected but not exhibit any noticeable symptoms.

Cats

Cats may show lameness, fever, loss of appetite, fatigue, eye damage, unusual breathing or heart involvement. Many cats do not show noticeable symptoms, despite being infected.

Cattle

Many cattle do not display signs of Lyme disease; those that do may have lameness, painful or swollen joints, fever, laminitis, or weight loss. A skin rash may be present on the udder of infected cows.

Horses

Infected horses generally do not have a fever, but may have lame or stiff joints, laminitis, or depression or may refuse to eat. This bacterial infection may be a cause of moon blindness or loss of vision. Many horses may be infected but display no symptoms.

Prevention...

...for humans.

- Wear light-colored clothing so that ticks can be spotted more easily and can be removed before becoming attached.
- Wear long-sleeved shirts and tuck your pants into socks. You may also want to wear high rubber boots (since ticks are usually located close to the ground).
- Since transmission from an infected tick is unlikely to occur until 24-48 hours of tick attachment, check for ticks daily and remove them promptly.

...and animals

- Check your pet's coat for ticks daily.
- Use a tick preventative, but never apply multiple repellents on your pet. A mixture of different chemicals on your pet could make the animal very sick.
- Ask your veterinarian to screen for tick-borne diseases at each exam.
- Watch your pet closely for changes in behavior or appetite.

Tick removal

Not all people bitten by a deer tick will get a disease. However, if a deer tick is infected, it must be attached for at least 24-48 hours before it can transmit Lyme disease. To remove a tick:

- Use tweezers to grasp the tick close to its mouth
- Gently and slowly pull the tick outward
- Do not be alarmed if the tick's mouth parts remain in the skin
- Do not try to remove the tick with your fingers or attempt to remove with hot matches, nail polish or petroleum jelly
- Apply an antiseptic to the bite