

Mayo Clinic Minute: What to do if you are exposed to Lyme disease

Video

Audio

	You spend a lot of time outdoors, remove an engorged deer tick from your skin and a few days later notice a rash.
Bobbi Pritt, M.D. Clinical Microbiology Mayo Clinic	"Patients may present with a rash at the site of the tick bite, and it's classically a bull's-eye rash, although not always."
	It might be time for medical intervention.
	"Lyme disease is treated with courses of antibiotics. The earlier you treat it, and the earlier you catch the infection and treat it, the better."
	Untreated symptoms may progress to ...
	"... disseminated rashes, joint pain, arthritis and even neurologic involvement. And they can even have one-sided facial paralysis called Bell's palsy."
	Prevention is the best medicine, says Dr. Pritt.
	"Wearing permethrin sprayed on clothing also will repel and even kill ticks. And then just covering up with clothing so that the ticks can't get to your skin. If you tuck your pants into your socks, you're taking away an avenue for ticks to get to your legs to bite you."
	For the Mayo Clinic News Network, I'm Jason Howland.