

TEST ANSWERS: Lyme Disease Safety

1. Lyme disease is an inflammatory infection that spreads to humans through tick bites.

a) True

b) False

RATIONALE: Lyme disease is an inflammatory infection caused by borrelia bacteria, which commonly infects animals like birds, mice, other small rodents, and deer. Ticks pick up bacteria by biting infected animals, and then pass it on to other animals, including humans.

2. During Stage 1 and 2, Lyme disease infection produces signs and symptoms that can include: (Circle all that apply)

a) Rash, sometimes shaped like a bullseye

b) Fever

c) Chills

d) Fatigue

e) Muscle and joint aches

RATIONALE: Early infection in stage 1 and 2 can produce fever, rash, chills, headache, fatigue, muscle and joint aches and swollen lymph nodes. Early detection is important because as time passes, both treatment and diagnosis become more difficult.

3. Symptoms of Lyme disease worsen during each stage of infection, ranging from flu-like symptoms to neurological illnesses, including paralysis.

a) True

b) False

RATIONALE: If left untreated, more severe symptoms including facial paralysis, heart disorders and neurological disorders may occur and can last from months to years. With chronic Lyme disease, there is not one system of the body that can be unaffected.

4. The best way to prevent Lyme disease is to prevent tick bites by: (Circle all that apply)

a) Covering up with clothing

b) Using insect repellent

c) Double-checking your skin and clothing for ticks

d) Washing and drying thoroughly

e) Checking your pets

RATIONALE: To prevent Lyme disease you should cover up by wearing long pants tucked into socks, use insect repellent (containing DEET or Icaridin), and be sure to thoroughly check yourself and your pets for ticks. Promptly wash and dry your skin to facilitate early tick check after being outdoors.

5. If you develop symptoms of Lyme disease after being bitten by a tick, you should contact a health care provider and tell them how long the tick was attached to you, and where and when you were bitten.

a) True

b) False

RATIONALE: For surveillance and tracking of Lyme disease in Canada, it is important to contact a health care provider if you develop symptoms of Lyme disease and have been bitten by a tick. You should be as clear as possible about the length of time the tick was attached to you, and where and when you were bitten. If you removed the tick, and identified it as a blacklegged tick, you should refer to your provincial government directions to send it away for testing.