

What We Do

Lyme Resource Centre supports both patients with tick-borne illnesses and their doctors. We support a call from Scotland's Chief Medical Officer to increase awareness and early diagnosis of Lyme disease. Our goal is to provide education for the public, outdoor organisations and healthcare workers, including educational materials, web resources and training.

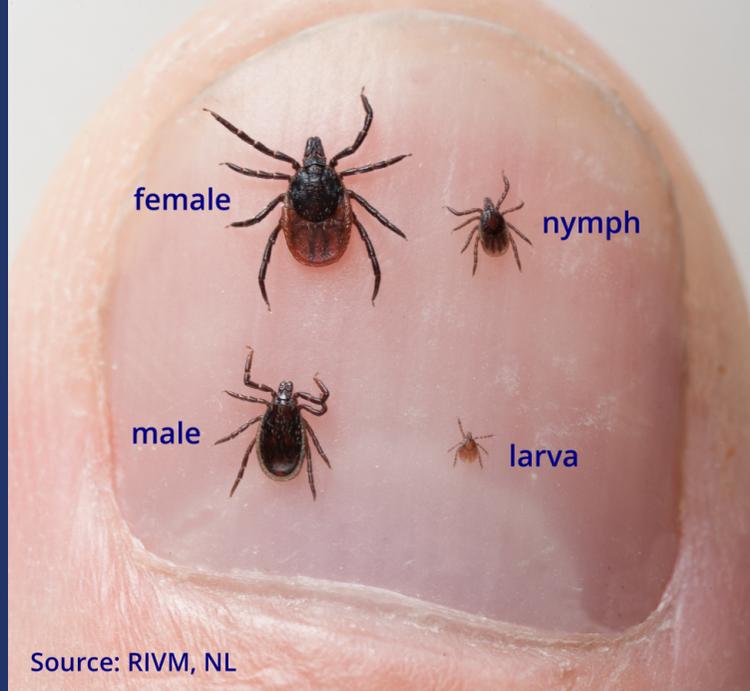
We also run conferences to further knowledge of tick-borne diseases. Our aim is to understand the impact within Scotland of all tick-borne infections and the fact that many do not see a tick bite or rash.

Who We Are

Lyme Resource Centre is a Scottish charity with a team including a medical consultant, pharmacist, herbalist, patients, and carers.

Our lead trustee is Prof. John Lambert, a Professor in Medicine and Infectious Diseases at Mater Misericordiae University Hospital and UCD School of Medicine, Dublin, and was director of the National Isolation Unit for Highly Infectious Diseases at the Mater Misericordiae University Hospital (2010-2018).

We are committed to working with scientists and clinicians in Scotland and around the world to advance awareness and knowledge of tick-borne diseases and improve patient outcomes.

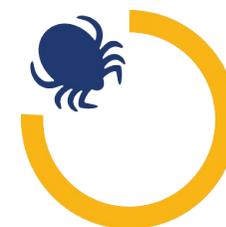


Source: RIVM, NL



Support us by fundraising or donating for Scottish awareness, research or treatment:

**www.lymeresourcecentre.com
/donate**



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LYME RESOURCE CENTRE

Lyme Resource Centre

Tron House
Quarrywood Court
Livingston
EH54 6AX



Resources on tick-borne illnesses for the public, patients and doctors

Order awareness materials for training events at www.lymeresourcecentre.com/awareness

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About Lyme Disease

Lyme disease is a bacterial infection transmitted by the bite of an infected tick. You are at risk anywhere in Scotland. On average, 5% of ticks in Scotland are infected, but the Scottish Highlands is a particularly high risk area. Ticks commonly inhabit woodland, heath and grassy areas, but you can be bitten by infected ticks in city parks and gardens.

Ticks can also transmit other infections, such as Rickettsiae, Bartonella and Babesia. If you develop a rash or feel unwell following a tick bite then seek urgent medical advice.



Protect Yourself From Tick Bites

- Do not expose bare skin - wear long sleeves and long trousers tucked into socks.
- Wear light-coloured clothing - it helps you see ticks more easily.
- Spray clothes with Permethrin.
- Use an insect repellent. Those containing 20% Saltidin are usually effective against ticks for longer than DEET - you can find them in many outdoor shops or online.
- Carry a tick removal tool - they are available in outdoor shops, vets, or online.
- Keep to well maintained paths and avoid walking in long grass or touching foliage.
- Check clothing for ticks.
- Shower and do a tick check after being outside - be careful of the groin, hairlines, behind the ears, and places where they are hard to spot. Larva and nymph ticks are particularly small - the size of a poppy seed.

Remove Embedded Ticks

- Take a picture of the tick for identification.
- Carefully and quickly remove it - there is no minimum attachment time but longer attachment increases the risk of infection.
- Use a plastic tick removal card or tick twister and follow the instructions on the packet OR use specialist fine-pointed tick removal tweezers held parallel to the skin to lift the tick off.
- It is important not to squeeze the body of the tick when removing it.
- Do not cover the tick with substances such as gels, oils or liquids and do not burn it - these can increase the risk of infection.
- Clean the area with antiseptic or soap and water.
- Kill the removed tick by dropping it into alcohol - do not squeeze or burn it. Keep it in a bag in the freezer for future testing.

Watch Out for Symptoms

- Early signs and symptoms typically occur 3-30 days after the bite and may include: expanding rash; flu-like symptoms; fatigue; headache; and muscle and joint pain.
- The bite is painless and does not itch.
- An expanding rash is diagnostic for Lyme - take a photo of it and get prompt treatment.
- There are many variations of rash: see <https://tinyurl.com/lyme-em-rash>.
- Not everyone gets a rash.
- Testing is not reliable - a negative test does not rule out Lyme disease.
- Early and adequate treatment increases the chance of full recovery. Severe symptoms can develop later if Lyme disease is not treated promptly and correctly.
- GP info is at <https://tinyurl.com/gp-lyme>.
- Around 10-20% of those treated still go on to develop chronic symptoms.