

BOTH LYME DISEASE AND COVID-19 CAN HAVE SERIOUS SHORT AND LONG TERM HEALTH EFFECTS



LYME DISEASE

TRANSMITTED THROUGH THE BITE OF AN INFECTED TICK

COVID-19

TRANSMITTED PERSON-TO-PERSON



HOW YOU CAN BE AFFECTED BY THE DISEASE

BRAIN

severe headaches, inflammation of the brain, and spinal cord



BRAIN

headache, "brain fog"
fever, and fatigue

LUNGS

shortness of breath



LUNGS

cough, shortness of breath or difficulty breathing

HEART

heart palpitations or an irregular heartbeat (Lyme carditis)



HEART

inflammation of the heart and small clots even in people who had mild symptoms

LIVER AND KIDNEYS

liver function tests may be elevated



LIVER AND KIDNEYS

can be affected by blood clots and weakened blood vessels

NERVOUS SYSTEM

shooting pains, numbness, or tingling in the hands or feet



NERVOUS SYSTEM

loss of smell and taste, dizziness, and memory issues

SKIN

circular or oval rash, "bull's eye rash"



SKIN

rash with or without other symptoms, "COVID fingers and toes"

JOINTS AND MUSCLES

arthritis with severe joint pain, swelling, and intermittent pain in tendons, bones, and muscles



MUSCLES:

muscle pain or body aches, may aggravate arthritic joints

PREVENT LYME DISEASE by regularly checking for ticks, showering after being outside, using insect repellent, and treating clothing, shoes, and gear with permethrin.

PREVENT COVID-19 by getting vaccinated, handwashing, using masks when needed, and social distancing. If you test positive for COVID-19 disease, immediately return home, isolate, and contact your doctor.



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