



# Ticks and Lyme Disease



## Pregnancy and Lyme disease



### Reasons to suspect that you have Lyme disease include:

- You live in or have recently visited an area where Lyme disease is common
- You recently found a tick on you (although these very small ticks can go unnoticed)
- You are experiencing rash, fever, chills, exhaustion, joint or muscle pain, new heart palpitations, or facial paralysis

In some cases, Lyme disease can lead to brain, nerve, spinal cord, or heart problems. Lyme disease might also be dangerous to your fetus. With prompt treatment, complications can be prevented. If you suspect that you may have Lyme disease, see your healthcare provider.

### Diagnosing Lyme disease

Your healthcare provider may treat you for Lyme disease based on your symptoms or may decide to test your blood. Blood testing is more accurate the longer you have been infected. A blood test for Lyme disease might not be positive until 4-6 weeks after you become ill.

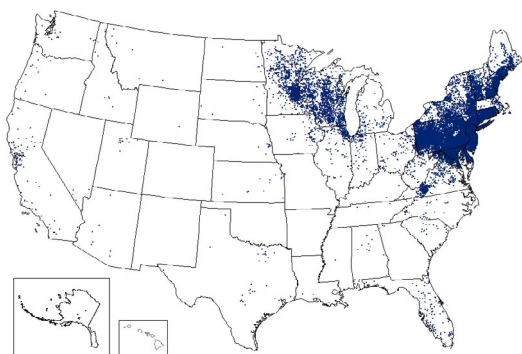
### Treating Lyme disease

People treated with antibiotics in the early stages of Lyme disease usually recover rapidly and completely. Treatment for pregnant women is similar to that of non-pregnant adults and includes oral amoxicillin or oral cefuroxime axetil for 2-3 weeks. Certain antibiotics, such as doxycycline, are generally not used during pregnancy because they can affect the fetus.

### Lyme disease and breastfeeding

There are no reports of Lyme disease transmission through breast milk.

Reported Cases of Lyme Disease - United States, 2016



1 dot placed randomly within county of residence for each confirmed case



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



*Facial paralysis.*



*Bull's eye rash on the back.*



*Arthritic knee.*

## Looking ahead to recovery

Rest and take antibiotics as prescribed. Recovery may take several weeks or longer.

Some people wonder if there is a test to confirm that they are cured, but there is no such test. Retesting for Lyme disease is not recommended because blood tests might be positive for months or years after you have been treated. A positive test doesn't mean you are still infected. It simply means that your immune system remembers your infection.

You can get Lyme disease again if you are bitten by another infected tick, so protect yourself from tick bites.

## Protect yourself:

- Use Environmental Protection Agency (EPA)- registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.



***For more information see [www.cdc.gov/Lyme](http://www.cdc.gov/Lyme)  
and [www.cdc.gov/Ticks](http://www.cdc.gov/Ticks)***