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
- headache, “brain fog”
- fever, and fatigue

**LUNGS**
- shortness of breath
- cough, shortness of breath or difficulty breathing

**HEART**
- heart palpitations or an irregular heartbeat (Lyme carditis)
- inflammation of the heart and small clots even in people who had mild symptoms

**LIVER AND KIDNEYS**
- liver function tests may be elevated
- can be affected by blood clots and weakened blood vessels

**NERVOUS SYSTEM**
- shooting pains, numbness, or tingling in the hands or feet
- loss of smell and taste, dizziness, and memory issues

**SKIN**
- circular or oval rash, “bull’s eye rash”
- 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
- 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.