



Lyme Disease in Nova Scotia

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Objectives

What is Lyme Disease?

How is Lyme Disease transmitted?

What is the prevalence in Nova Scotia and endemic Areas?

What do I do if I get Lyme Disease?

How do I prevent of Lyme Disease?



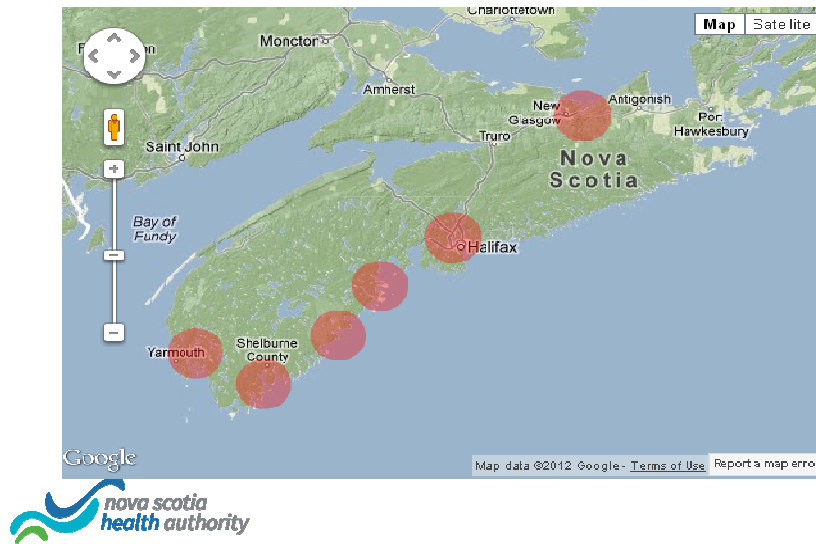
What is Lyme Disease?

- First identified in Lyme, Connecticut in 1975-76
- First identified endemic area in Canada: Long Point peninsula, Lake Erie, ON
- Caused by a bacteria: *Borrelia burgdorferi*
- Transmitted from blacklegged ticks to humans
- Most common disease transmitted by insects in North America

Black Legged Tick



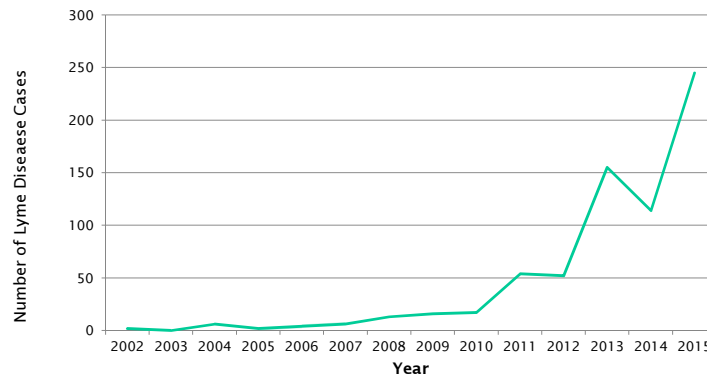
Lyme Disease in Nova Scotia



Incidence of Lyme Disease

- Lyme Disease in humans is reported to Public Health
- Majority of cases are linked to known endemic areas where Black Legged Ticks are known to carry Lyme Disease
- No deaths associated with Lyme Disease

Incidence of Lyme Disease in Nova Scotia by Year



Early Symptoms of Lyme Disease

3 – 30 days after bite

- Flu-like symptoms - fever, fatigue, swollen glands, muscle aching
- Headache, stiff neck
- Rash
- About 70% have erythema migrans – specific rash – some people describe it as a bullseye

Erythema Migrans

Usually occurs within 7-14 days of bite
Must be 5 cm for diagnosis-can be larger
Can vary in appearance (oval, round, central clearing)



If I have symptoms, what do I do?

- See your family practitioner/nurse practitioner
- They will decide if you need testing and treatment
- Lyme Disease is treated with antibiotics

Prevention of Lyme Disease

The best prevention is avoiding exposure

- Protective clothing
- Tick Repellants (DEET or Icaridin)
- Travel in the center of paths
- **Do daily tick checks**
- Bath or shower within two hours of being outdoors
- Ensure prompt removal of attached ticks



Protect Yourself Against Lyme Disease in Spring, Summer, and Fall



Tick Removal – pull it out straight using tweezers



Key Messages

- Lyme is endemic in several areas of NS, but few areas in New Brunswick and not in PEI
- More endemic areas will likely develop
- Prevention is the goal
- Diagnosed clinically
- Evidence-based treatment used by physicians and nurse practitioners

Resources

Nova Scotia Department of Health and Wellness Lyme Page

<http://novascotia.ca/dhw/CDPC/lyme.asp>

Nova Scotia Tick Borne Response Plan

http://novascotia.ca/dhw/cdpc/documents/100623_CDPC_Tick-Response-Plan.pdf

Infectious Disease Expert Group Statement on Lyme Disease

<http://novascotia.ca/dhw/cdpc/documets/IDEG/Statement-For-Managing-Lyme-Disease.pdf>

Public Health Agency of Canada (PHAC) Lyme page

<http://www.phac-aspc.gc.ca/id-mi/lyme-eng.php>



Questions

