

LOVE THE TRAILS? WATCH OUT FOR LYME DISEASE!

TINY TICK. BIG CONSEQUENCES.



TICKS ARE SMALL.
LYME DISEASE
IS NOT.



A QUICK WORD FROM IGSH. Lyme disease is not just an annoying tick bite — it can become a serious illness. I caught it myself and was diagnosed about a month later, just in time. Left too long it can lead to life-long problems including chronic pain, severe fatigue, brain fog and nerve or joint issues. Many people never even see the tick.

Take care — I was bitten on last week's Hash.

WE RUN FAR.
WE EXPLORE WILD PLACES.
LET'S STAY SAFE OUT THERE.



WHAT IS LYME DISEASE?

A bacterial infection spread by the bite of infected ticks. In the UK, the main tick is the sheep/deer tick (*Ixodes ricinus*). Early diagnosis and treatment usually leads to a full recovery. Delay can lead to serious, long-term health problems.

EARLY SIGNS – DON'T IGNORE THEM

Flu-like symptoms and a rash can appear days to weeks after a tick bite.

- Fatigue
- Fever
- Headache
- Muscle & joint aches
- Swollen glands
- Neck stiffness



The rash (erythema migrans) doesn't always look like a perfect bulls-eye!

THE RASH CAN LOOK VERY DIFFERENT



Rashes can appear anywhere on the body and may take days to weeks to develop.

OUTCOMES DEPEND ON HOW QUICKLY LYME IS DIAGNOSED AND TREATED



TREATED EARLY DAYS TO WEEKS

- ✓ Very high chance of full recovery
- ✓ Symptoms usually resolve completely
- ✓ Little to no long-term impact
- ✓ Back to normal life

EARLY ACTION = BEST OUTCOME



DELAYED WEEKS TO MONTHS

Bacteria can spread to other parts of the body. Symptoms may come and go.

Possible complications:

- 🧠 Neurological – facial palsy, nerve pain, numbness, memory & concentration problems
- 🦶 Joint – swelling (often knees), pain, stiffness, reduced mobility
- 🫀 Cardiac – abnormal heart rhythm, palpitations, dizziness, fainting

RECOVERY CAN TAKE MONTHS



DELAYED A LONG TIME MONTHS TO YEARS

Higher risk of long-term or persistent symptoms, even after treatment.

Possible long-term effects:

- 👤 Chronic fatigue
- 👤 Ongoing pain & arthritis
- 🧠 Cognitive problems ('brain fog')
- 👤 Reduced stamina & fitness
- 👤 Impact on work, hobbies & quality of life
- 👤 Mental health strain

DON'T LET A TINY BITE
CHANGE YOUR LIFE



LYME DISEASE IS OFTEN MISSED. Many people never see the tick. The rash can be absent or unusual. Symptoms mimic many other illnesses. If you feel unwell after a tick bite, get it checked!



PROTECT YOURSELF

- ✓ Stick to paths where possible
- ✓ Wear long sleeves & trousers
- ✓ Tuck trousers into socks
- ✓ Use tick repellent
- ✓ Check your body & kit after every run

BE TICK AWARE –
STAY ONE STEP AHEAD



AFTER YOU'VE BEEN OUT

- 1 Check your whole body carefully
- 2 Don't forget underarms, behind knees, groin, scalp & waist
- 3 Remove ticks promptly with fine-tipped tweezers
- 4 Watch for symptoms for up to 30 days
- 5 Seek medical advice early if you feel unwell



REMEMBER:
TICKS ARE
SMALL.
BUT AWARENESS
IS POWERFUL.

STAY SAFE.
KEEP HASHING.
ON-ON!



EARLY RECOGNITION CAN PREVENT A LIFELONG PROBLEM.

CHECK. PROTECT. STAY SAFE.

IF IN DOUBT,
GET IT CHECKED OUT!

HIGH WYCOMBE HASH HOUSE HARRIERS – OUTDOORS, ADVENTURE & LOOKING OUT FOR EACH OTHER **ON-ON!**