

## Lyme Disease

A member of a local walking group contacted Lyme Disease caused by a tick bite and he was unable to walk for nearly a year. He finally was tested for Lyme disease which was confirmed. Ideally wearing long trousers is a good prevention but it's also a good idea to check your clothes and legs after you return from walks. If you do want to wear shorts etc., make sure to check your ankles, legs and socks after the walk. Also, it's a good idea to check your arms and hands especially if you've been walking in longer grass.



A Tick bite can present itself in the form of a Target type mark (as seen in the photo above) but not always, so please just be extra careful. Here is a link to more information on Ticks and Lyme Disease.

<https://nordicwalking.co.uk/blog/2013/05/be-tick-aware/>

<https://www.cdc.gov/lyme/index.html>