

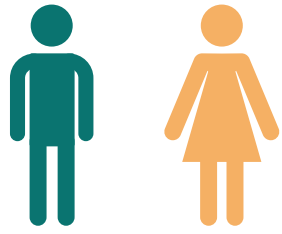
Lyme Disease in Durham Region



2020-2024

Lyme disease is a bacterial illness that affects people and animals. It spreads by the bite of an infected black-legged tick. Black-legged ticks can be found throughout Durham Region, usually in wooded areas, leaf litter or on tall grass. Ticks can be active whenever the temperature is above freezing, with most exposures happening between early spring through late fall.

Quick Facts



58% 42%

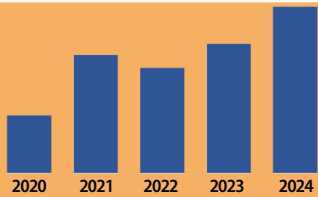
There were more male cases than female cases

A total of
528

cases of Lyme disease were reported in Durham Region between 2020 and 2024



The average age at time of illness was 47 years



There were three times more cases in 2024 (153) than in 2020 (53). Interpret 2020 and 2021 data with caution due to changes in the availability of health care and health seeking behaviour during the COVID-19 pandemic.

Symptoms

71% of cases reported



Fatigue

61% of cases reported



Muscle or joint pain

60% of cases reported



Bull's eye rash (Erythema migrans)

53% of cases reported



Headache

46% of cases reported



Fever

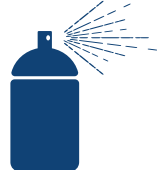
Risk Factors

80% of cases reported



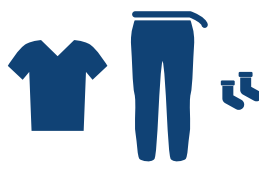
Activities in wooded or tall grass areas

67% of cases reported



Not using insect repellent during outdoor activities

65% of cases reported



Inadequate clothing protection during outdoor activities

63% of cases reported



Not checking for ticks after outdoor activities

60% of cases reported



Known tick bite or exposure to ticks

Treatment

Most cases of Lyme disease can be treated successfully with antibiotics if detected early



Patients should be treated according to guidelines with:

**DOXYCYCLINE OR CEFUROSIM
AXETIL OR AMOXICILLIN**



Children younger than 8 years of age AND pregnant or lactating women should not be administered **Doxycycline**.

Amoxicillin is the drug of choice for this group



For more details on treatment, see: Lyme disease: [Symptoms and treatment, Government of Canada](#).

- Data Source: Ontario Ministry of Health, integrated Public Health Information System (iPHIS) database, 2020-2024.
- To see Durham compared to Ontario and other public health units go to [Infectious Disease Trends in Ontario](#).