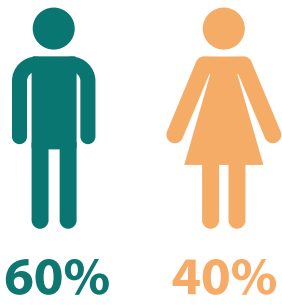




Lyme disease is a bacterial illness that affects people and animals. It spreads by the bite of an infected black-legged tick. Black-legged ticks can be found throughout Durham Region, usually in wooded areas, leaf litter or on tall grass. Ticks can be active from early spring to late fall.

Quick Facts



There were more male cases than female cases

309

cases of Lyme disease were reported in Durham Region between 2017 and 2021



The average age at time of illness was 44 years



There were two times more cases in 2021 (105) than in 2017 (52). 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

62% of cases reported



Fatigue

57% of cases reported



Bull's eye rash (Erythema migrans)

55% of cases reported



Muscle or joint pain

45% of cases reported



Headache

43% of cases reported



Fever

Risk Factors

85% of cases reported



Activities in wooded or tall grass areas

73% of cases reported



Not checking for ticks after outdoor activities

56% of cases reported



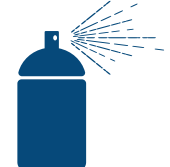
Known tick bite or exposure to ticks

54% of cases reported



Inadequate clothing protection during outdoor activities

54% of cases reported



Not using insect repellent during outdoor activities

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, 2017-2021.
- To see Durham compared to Ontario and other public health units go to [Infectious Disease Trends in Ontario](#).