

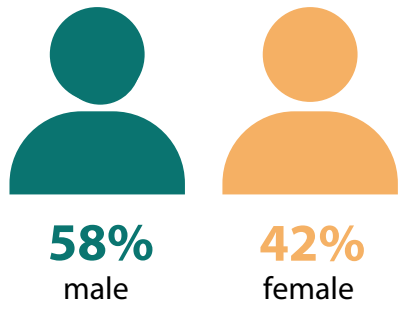
Lyme Disease in Durham Region



2021-2025

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



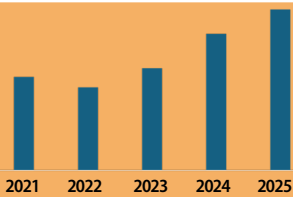
There were more male cases than female cases. Data are based on reported sex and may not reflect gender identity.

A total of
666

cases of Lyme disease were reported in Durham Region between 2021 and 2025



The average age at time of illness was 47 years



Reported cases have generally increased since 2021, reaching a high of 186 in 2025. Interpret 2021 data with caution due to changes in health care access and health-seeking behaviour during the COVID-19 pandemic.

Symptoms

69%
of cases reported



fatigue

66%
of cases reported



bull's eye rash (erythema migrans)

66%
of cases reported



muscle or joint pain

52%
of cases reported



headache

47%
of cases reported



fever or chills

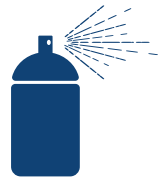
Risk Factors

84%
of cases reported



activities in wooded or tall grass areas

65%
of cases reported



not using insect repellent during outdoor activities

63%
of cases reported



known tick bite or exposure to ticks

63%
of cases reported



inadequate clothing protection during outdoor activities

62%
of cases reported



not checking for ticks after 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
OR AMOXICILLIN**



For more details on treatment, see [Lyme Disease Clinical Guidance Document](#)

- Data Source: Ontario Ministry of Health, integrated Public Health Information System (iPHIS) database, 2021-2025.
- To see Durham compared to Ontario and other public health units go to [Infectious Disease Trends in Ontario](#).

