

If you are concerned that you might have Lyme disease, this check list can help you have a conversation with your doctor.

### My risk factors for Lyme disease

- I had a known tick bite. (Date if known: \_\_\_\_\_). Include photo if you have one.
- I spent time outdoors in an area where Lyme disease is common (Locations: \_\_\_\_\_)
- I have recently traveled to a place where Lyme disease is common (Dates and locations: \_\_\_\_\_)

### I have symptoms that may suggest Lyme disease (check off relevant symptoms):

- Erythema migrans (EM) rash (may look like a “bullseye,” but also may be solid red or blue-ish purple, may be blotchy, or may develop blisters or crust). All EM rashes spread over time. If you have darker skin the rash may look a little different.
- Body aches, bone pain, headache, muscle pain, neck stiffness
- Fatigue, lethargy, malaise, weakness
- Chills, fever, loss of appetite, swollen lymph nodes
- Facial palsy (paralysis of the facial muscles, causing drooping of one or both sides of the face)
- Chest pain, dizziness, fainting, heart palpitations, irregular heartbeat, shortness of breath
- Joint pain, particularly in a single large joint (note which joint \_\_\_\_\_)
- Brain fog, cold intolerance, concentration issues, trouble finding words, disorientation, memory issues, nerve-related discomfort (burning, stabbing, tingling sensations, or numbness), sensitivity to light, sensitivity to sound, sleep disturbances, vertigo
- Unusual anxiety, behavioral changes, depression, irritability, mood swings

