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: ________________)

I spent time outdoors in an area where Lyme is common (Locations: ________________)

I have been 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