

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