



Wilson County Health Department
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"Touch Your Life" 

Lyme Disease in Wilson County

Wilson County has its first confirmed case of locally acquired Lyme Disease. Lyme disease transmission in North Carolina has been historically a low risk area. This disease is transmitted to humans via a tick bite. The largest incidence of disease is between the months of April and June with a second peak in September through November.

We have been diligently monitoring reports of this disease in Wilson County. Working together with local providers to assure that the criteria is met for the disease per state guidelines; we have determined that a case reported recently to the local health department did indeed meet this criterion.

One of the best symptoms to watch for is a bite that develops Erythema Migrans (EM) or a "bull's-eye" type rash that can expand over a period of days to weeks. It must measure at least 5 cm across at its largest diameter and secondary lesions may also appear. Other symptoms may include fatigue, fever, headache, mildly stiff neck, muscle and joint pains. Together with a healthcare provider's assessment, a two tiered lab test will need to be drawn to check your blood for Lyme Disease.

To protect yourself and others apply a DEET or permethrin containing repellent to the skin and/or clothing when in tick prone areas such as woods and grassy areas. Check for thoroughly ticks upon returning indoors, taking care with the groin, legs and underarm area. Lyme Disease is often prevented if ticks are removed within 24 hours.

If your provider determines that you have a possible tick related illness he or she can prescribe antibiotics to prevent any future health problems related to this communicable disease.

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