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Lyme Disease Prophylaxis: IDSA guidelines

Clinical Question: When should patients be given antibiotics for lyme prophylaxis after a tick bite?

To provide antibiotic prophylaxis for Lyme disease ALL of these criteria should be met:

- Tick identified as an adult or nymphal deer tick
- Attached for > or = 36 hours (by engorgement or time of exposure)
- Treatment started within 72 hours of tick removal
- Local rate of infection of ticks with *B. Bourgdorferi* $\geq 20\%$ (assumed in Vermont)
- Doxycycline is not contraindicated, patients this applies:
 - <8 years of age
 - pregnant
 - lactating
 - Amoxicillin is not recommended in these groups because of lack of data on efficacy, effectiveness of treatment of lyme disease if it does develop, and higher incidence of side effects with multi-day antibiotic regimens.

Recommended prophylaxis is a single 200 mg dose of doxycycline (4 mg/kg in children over age 8)

Strength of Recommendation: B (estimate based on description of IDSA grading compared to AAFP)

References:

From the Infectious Diseases Society of America

http://www.idsociety.org/uploadedFiles/IDSA/Topics_of_Interest/Lyme_Disease/IDSALymeDiseaseFinalReport.pdf

From the Vermont Department of Health:

http://healthvermont.gov/pubs/IDB/documents/IDB_2010_Spring_Supplement_lymedisease.pdf

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