

Section 3: Lyme Incidence Score

Now please circle the points for each of the following statements you can agree with:

1. You have had a tick bite with no rash or flulike symptoms. **3 points**
2. You have had a tick bite, an Erythema Migrans, (bull eye rash) or an undefined rash, followed by flulike symptoms. **5 points**
3. You live in what is considered a Lyme-endemic area. **2 points**
4. You have a family member who has been diagnosed with Lyme and/or other tick borne infections. **1 point**
5. You have experienced migratory muscle pain. **4 points**
6. You have experienced migratory joint pain. **4 points**
7. You have experienced tingling/burning/numbness that migrates and/or comes and goes. **4 points**
8. You have received a prior diagnosis of chronic fatigue syndrome or fibromyalgia. **3 points**
9. You have received a prior diagnosis of a specific autoimmune disorder (lupus, MS or rheumatoid arthritis), or of a nonspecific autoimmune disorder. **3 points**
10. You have had a positive Lyme test (IFA, ELISA, Western blot, PCR, and/or borrelia culture). **5 points**

SCORE: _____

Section 4: Overall Health Score

1. Thinking about your overall physical health, for how many of the past 30 days was your physical health not good? _____ days

2. Thinking about your overall mental health, for how many days during the past 30 days was your mental health not good? _____ days

0-5 days equals 1 point

6-12 days equals 2 points

13-20 days equals 3 points

21-30 days equals 4 points

SCORE: _____

Scoring:

Record your total scores for each section below and add them together to achieve your final score:

Section 1 _____ Section 2 _____ Section 3 _____ Section 4 _____ = TOTAL _____

Interpretation:

If you scored 46 or more, you have a high probability of a tick-borne disorder.

If you scored between 21 and 45, you possibly have a tick-borne disorder

If you scored under 21, you are not likely to have a tick-borne disorder