

SECTION 1: SYMPTOM FREQUENCY SCORE

0 = None 1 = Mild 2 = Moderate 3 = Severe

Write in a 0, 1, 2, or 3 on the line to the right of the symptom

- 1 Unexplained fevers, sweats, chills, or flushing _____
2 Unexplained weight change; loss or gain _____
3 Fatigue, tiredness _____
4 Unexplained hair loss _____
5 Swollen glands _____
6 Sore throat _____
7 Testicular or pelvic pain _____
8 Unexplained menstrual irregularity _____
9 Unexplained breast milk production; breast pain _____
10 Irritable bladder or bladder dysfunction _____
11 Sexual dysfunction or loss of libido _____
12 Upset stomach _____
13 Change in bowel function (constipation or diarrhea) _____
14 Chest pain or rib soreness _____
15 Shortness of breath or cough _____
16 Heart palpitations, pulse skips, heart block _____
17 History of a heart murmur or valve prolapse _____
18 Joint pain or swelling _____
19 Stiffness of the neck or back _____
20 Muscle pain or cramps _____
21 Twitching of the face or other muscles _____
22 Headaches _____
23 Neck cracks or neck stiffness _____
24 Tingling, numbness, burning, or stabbing sensations _____
25 Facial paralysis (Bell's palsy) _____
26 Eyes/vision: double, blurry _____
27 Ears/hearing: buzzing, ringing, ear pain _____
28 Increased motion sickness, vertigo _____
29 Light-headedness, poor balance, difficulty walking _____
30 Tremors _____
31 Confusion, difficulty thinking _____
32 Difficulty with concentration or reading _____
33 Forgetfulness, poor short-term memory _____
34 Disorientation: getting lost; going to wrong places _____
35 Difficulty with speech or writing _____
36 Mood swings, irritability, depression _____
37 Disturbed sleep: too much, too little, early awakening _____
38 Exaggerated symptoms or worse hangover from alcohol _____

Total Section 1 _____

SECTION 2: MOST COMMON LYME SYMPTOMS SCORE

If you rated a "3" in Section 1 for each of the following symptoms, give yourself 5 additional points:

- Fatigue
• Forgetfulness, poor short-term memory
• Joint pain or swelling
• Tingling, numbness, burning, or stabbing sensations
• Disturbed sleep: too much, too little, early awakening

Total Section 2 (enter either "5" or "0") _____

SECTION 3: LYME INCIDENCE SCORE

Now apply 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, 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 experience migratory muscle pain. 4 points
6 You experience migratory joint pain. 4 points
7 You experience 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

Total - Section 3 _____

SECTION 4: OVERALL HEALTH SCORE

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

Award yourself the following points based on the total number of days:

- 0 - 5 days = 1 point
6 - 12 days = 2 points
13 - 20 days = 3 points
21 - 30 days = 4 points

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

Award yourself the following points based on the total number of days:

- 0 - 5 days = 1 point
6 - 12 days = 2 points
13 - 20 days = 3 points
21 - 30 days = 4 points

Total Section 4 _____

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

If you scored 46 or more, you have a high probability of a tick-borne disorder and should see a health-care provider for further evaluation.

If you scored between 21 and 45, you possibly have a tick-borne disorder and should see a health-care provider for further evaluation.

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

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