

## Short Symptom Checklist for Lyme Borreliosis

Name, first name..... Date: .....

| ►   | Actual and former symptoms: Please mark with a cross                  | X |
|---|---|---|
| 1   | Former or recent tick bite  |   |
| 2   | Former or recent bull's eye rash                                      |   |
| 3   | Summer flu after tick bite  |   |
| 4   | Fatigue/Malaise/Lethargy  |   |
| 5   | Loss of physical/mental capacity, general weakness                    |   |
| 6   | Neck-pain, neck stiffness   |   |
| 7   | Headache  |   |
| 8   | Painful joints, swollen joints  |   |
| 9   | General aches and pains, tendon problems                              |   |
| 10  | Muscle pain, muscle weakness  |   |
| 11  | Fever, feverish feeling, shivering                                    |   |
| 12  | Ears: intermittent red, swollen earlap                                |   |
| 13  | Heart problems, disturbance of cardiac rhythm                         |   |
| 14  | Cough, expectoration, breathlessness                                  |   |
| 15  | Night sweat   |   |
| 16  | Sleeplessness, waking up around .....                                 |   |
| 17  | Tinnitus  |   |
| 18  | Swollen lymph nodes   |   |
| 19  | Numbness of the skin  |   |
| 20  | "Burning" or "pins and needles" skin sensations, painful sole or foot |   |
| 21  | Back pain, back stiffness   |   |
| 22  | Muscle pain, muscle weakness  |   |
| 23  | Shivering, chill  |   |
| 24  | Blurred, foggy, cloudy, flickering, double vision                     |   |
| 25  | Aggressiveness, drowsiness, panic attacks, anxiety, mood swings       |   |
| 26  | Concentration problems, short-term memory loss, forgetfulness         |   |
| 27  | Skin partly thin, paper-like, transparent, dry                        |   |
| Total number of symptoms for Lyme Borreliosis |   |   |

Antibiotics? When? Which one(s)? How long?

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