

ABOUT PROJECT LYME

Project Lyme is a global advocacy organization for the prevention and early detection of Lyme & tick-borne diseases. We give communities and families up-to-date knowledge, tools, and resources to be prepared and spread the word!

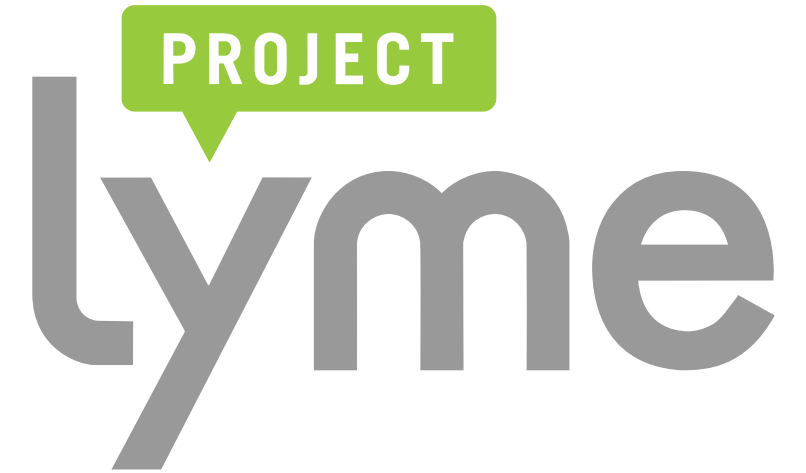
OUR STORY

30 years ago, a proper diagnosis and antibiotic treatment saved the life of Project Lyme founder, Heather Hearst. Decades later, the patients she meets with and hears about are still fighting a silent battle. Project Lyme was started to create a dialogue that makes Lyme disease awareness commonplace.

TEAR ALONG EDGE
TO DETACH!

Visit ProjectLyme.org to:

- Learn more about symptoms & signs
- Learn more ways to prevent tick bites
- Learn how to identify & properly remove a tick



LET'S FIGHT AGAINST
TICKS TOGETHER!



WWW.PROJECTLYME.ORG

#TALKABOUTTICKS

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HOW TO DO A TICK CHECK



Check your:

- head & hair
- feet & toes
- back of neck & around ears
- belly button & waistline
- between legs & under arms
- back of your knees



PROJECT
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TEAR ALONG EDGE TO
DETACH FOR YOUR FRIDGE!

LYME BASICS

Lyme disease is a growing epidemic and the most commonly reported vector-borne illness in the US today.

Over 300,000 people are infected each year in the United States alone. Many people go undiagnosed or misdiagnosed for years and suffer extremely debilitating symptoms.

The good news is tick bites are preventable — and you can learn the best ways to protect yourself, your family and your pets at ProjectLyme.org.

CALL YOUR DOCTOR:

- if you're unable to remove a tick
- if you believe the tick has been on you for more than 12 hours
- if you discover a rash or have flu-like symptoms — headache, fatigue, muscle or joint pain.

THINGS YOU CAN DO TO STOP TICKS

OUTSIDE



Walk in the middle of trails, stay away from low bushes and leaf litter, check your clothing for ticks.



Avoid sitting on logs, leaning on trees and wading through leaves.



What to wear: light-colored clothing, clothing treated with Permethrin, tall socks and long sleeves, use Deet 20%

INSIDE



Remove clothes and toss them into a hot drier for 10 minutes. Shower within 2 hours of coming indoors.



Create a daily tick check routine. Check hairline and neck for bumps. Look for ticks on legs, knees, back and in all warm, damp areas on your body like ears, armpits, and groin.

www.ProjectLyme.org