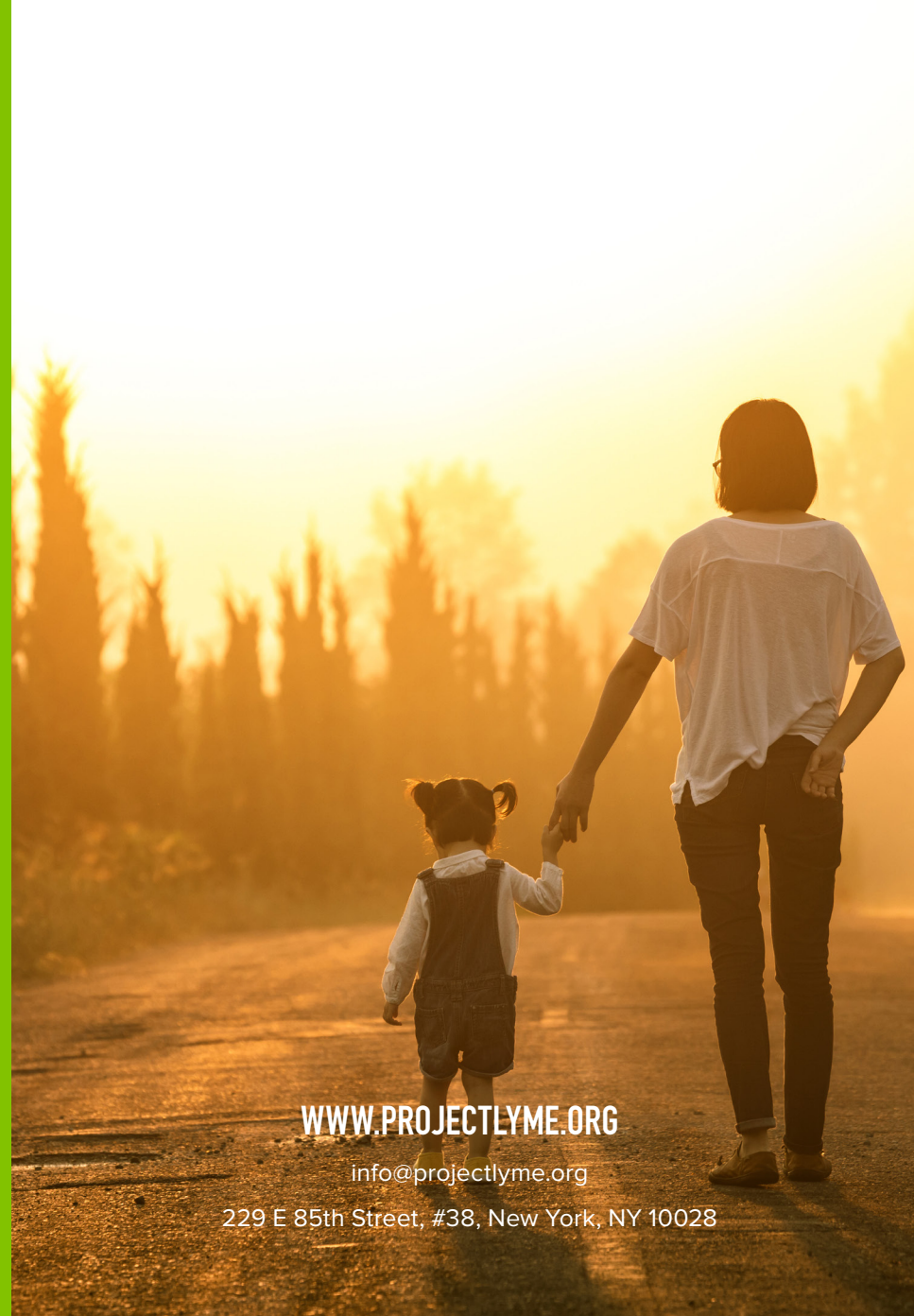


# ABOUT PROJECT LYME

Project Lyme's mission is to eradicate the epidemic of tick-borne diseases through awareness and education, support of cutting-edge science, and advocacy for solutions to end the suffering.

## OUR STORY

Since our inception in 2016, Project Lyme has raised millions of dollars to combat the effects of tick-borne diseases. We work tenaciously to fund cutting-edge research, educate the public with accurate information, advocate for meaningful legislative solutions on the ground in D.C., and to support patients through their Lyme Journey.



[WWW.PROJECTLYME.ORG](http://WWW.PROJECTLYME.ORG)

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EDUCATION | ADVOCACY | RESEARCH | SUPPORT

[WWW.PROJECTLYME.ORG](http://WWW.PROJECTLYME.ORG)

# WHAT ARE THE SYMPTOMS?

## DERMATOLOGICAL RASH

Often circular • may or may not resemble a bullseye • may appear away from the bite site • skin changes/nodules under the skin

## MUSCULOSKELETAL SYSTEM

Joint pain or swelling • stiffness of joints, back, neck • muscle pain, cramps • twitching of facial or other muscles • restless legs

## NEUROLOGICAL SYSTEM

Headache • numbness and tingling • weakness or partial paralysis • light-headedness or dizziness • Bell's Palsy (facial paralysis • memory loss (short or long term) • confusion or brain fog • speech difficulty • seizures/ stroke symptoms • blurry or double vision, vision change • sensitivity to light and flashing light • tinnitus (ringing) sound sensitivity

## PSYCHOLOGICAL

Mood swings, irritability • depression • panic/anxiety attacks • aggression/ rage • insomnia or sleeping too much • obsessive-compulsive behavior • suicidal thoughts

## GENERAL WELL-BEING / OTHER

Extreme fatigue • weight gain/loss • sensitivity/increased allergic reactions • shortness of breath • night sweats or chills • heart palpitations, arrhythmia; • flu-like symptoms/fever

To assess the likelihood that you may have a tick-borne disease, go to our website to take our symptom questionnaire.



[www.projectlyme.org/msids-questionnaire](http://www.projectlyme.org/msids-questionnaire)

# HOW TO FIND A DOCTOR

Finding the right type of doctor can make all the difference in your healing journey. We encourage patients to work with a Lyme disease specialist who has advanced training and expertise in the complexities of Lyme and coinfections.

To help you, Project Lyme has developed a provider search to make it easier for you to find a doctor. Our search covers hundreds of providers knowledgeable about Lyme and tick-borne diseases.

Patients should contact doctors directly to determine whether they are taking new patients, the length of time for the initial visit, insurance coverage, fees, and other details relating to testing and treatment.



[www.projectlyme.org/providers-landing](http://www.projectlyme.org/providers-landing)

# HOW TO PREVENT TICK BITES

## OUTSIDE



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

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

- Wear light-colored clothing, clothing treated with Permethrin, tall socks and long sleeves, and use DEET (20-30%), picaridin, or lemon eucalyptus oil on skin

## 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.



## Do a Tick Check:

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



## HOW TO EXTRACT A TICK

