



# TICK BITE & LYME DISEASE SAFETY

**TICKS CAN INFECT HUMANS WITH BACTERIA, VIRUSES, AND PARASITES THAT CAN CAUSE LYME DISEASE AND OTHER SERIOUS ILLNESSES.**

## PREVENTION TIPS:

- ♦ Before doing outdoor activities such as gardening, camping, hiking, and playing, wear clothes that cover as much of your body as possible. Consider using repellents with DEET on your clothes and skin.
- ♦ Modify your landscape to create tick-free zones by mowing grass often and regularly removing leaf litter, moist plant litter, brush, and weeds.
- ♦ After coming indoors, check your clothes and exposed skin for ticks.

## RESPONSE:

- ♦ If you find a tick on your body, remove it immediately by grasping it with tweezers only. Avoid touching the tick with your bare hands. Grasp the tick as close to the skin as possible and pull it straight out. Otherwise, seek immediate medical attention.
- ♦ If you develop a rash at the site of the bite between 3 to 30 days after the bite and/or if you develop a fever seek immediate medical attention and speak with your doctor.
- ♦ Not every tick carries Lyme disease, but to avoid the potential for the disease, the tick must be sent to your lab right away. If the tick tests positive as a carrier of Lyme disease, and is tested early enough, you may be able to prevent becoming infected with Lyme disease by taking certain medications (e.g., doxycycline).

"Over 89,000 cases of Lyme disease were reported to CDC by state health departments and the District of Columbia in 2023. Recent estimates using other methods suggest that approximately **476,000 people may be diagnosed and treated for Lyme disease each year in the United States.**"

[cdc.gov/lyme/data-research/facts-stats/index.html](https://cdc.gov/lyme/data-research/facts-stats/index.html)

CDC's data only represents confirmed cases, the actual quantity of Lyme disease cases may be significantly higher.

**Be aware that some people have been infected with Lyme disease even without noticing a tick or a rash. Early diagnosis and treatment is critical. Many conventional tests are unreliable leading to false negatives. If symptoms are not diagnosed as Lyme disease or misdiagnosed at the onset, it could take years of pain, weakness, treatments, and/or serious illness before the body is cleared of the disease.**

For more information, contact Chai for Lyme (also known as Life for Lyme), a division of the Orthodox Jewish Chamber of Commerce Health and Medical Alliance. You can reach them at 732.334.5963 by email via their website [LifeForLyme.org](http://LifeForLyme.org). For local information and suggestions, please contact Danielle Sarah Storch at 410-963-5675 or [dstorch18@gmail.com](mailto:dstorch18@gmail.com).

This ad is dedicated as a *zechus refuah sheleimah* for Layla Aynav bas Rachel, Yirmiyahu ben Shira, and Sara Cherna Chaya bas Eta Chana.



**PREPARING OUR COMMUNITY TODAY FOR A SAFE AND SECURE TOMORROW™**

The Chesed Fund Limited is dedicated in memory of Mordechai & Rebecca Kapiloff, ע"ה. Dr. Bernard Kapiloff, ע"ה, and Rabbi Norman & Louise Gerstenfeld, ע"ה. Project Ezra of Greater Baltimore, Inc. is dedicated in memory of M. Leo Storch, and Hannah Storch, ע"ה.