



Bay Area Lyme
FOUNDATION



About Lyme Disease

People are still under the mistaken assumption that Lyme disease is an East Coast problem. In fact, Lyme has been detected in 42 of 58 California counties and—most concerning—in California “tick season” is year-round. Untreated, Lyme disease can become a severely debilitating disease affecting joints, the heart, the brain, and/or the central nervous system. More than half a million Americans are struggling with chronic Lyme disease. With limited awareness and an expanding geographic footprint, Lyme disease has become a genuine public health threat.

At Bay Area Lyme, our mission is to make Lyme disease easy to diagnose and simple to cure

Bay Area Lyme Foundation is a national nonprofit dedicated to accelerating medical breakthroughs for Lyme disease. The CDC states that it’s the fastest growing, vector-borne disease in the United States. Yet, despite an estimated 329,000+ new cases per year, Lyme disease currently receives little government funding.



MYTHS OF LYME DISEASE

Getting the facts about Lyme is not always easy. There are many misconceptions about Lyme disease.

MYTH: Everyone with Lyme disease gets a telltale bulls-eye rash.

REALITY: Recent studies show that less than 50% develop a bulls-eye, and the CDC estimates that 30% of people never develop any type of skin rash.

MYTH: There is no risk of Lyme disease in California.

REALITY: Lyme disease has been reported in all 50 states, and ticks carrying the bacteria that cause Lyme disease are widespread throughout California.

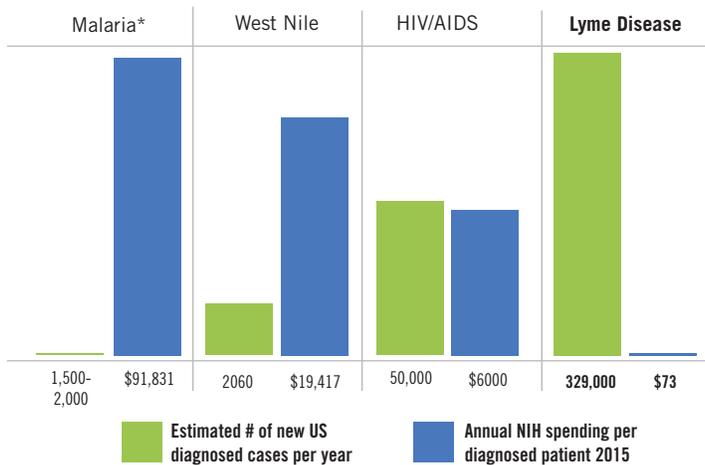
MYTH: Antibiotics cure everyone.

REALITY: Statistics show that at least 20% of patients continue to exhibit symptoms even after antibiotic treatment.

MYTH: If the test is negative, you don’t have Lyme.

REALITY: Current diagnostics are less than 50% accurate.

Annual NIH Spending per Diagnosed Patient - 2015



Sources: National Institutes for Health (NIH), Case counts from Centers for Disease Control & Prevention (CDC). Malaria is a global health concern and NIH priority but has very low domestic incidence. Virtually all US cases are contracted outside of the US. An estimated 1500-2000 cases are domestically contracted.

Our goal is to accelerate the pace of new drug and diagnostic development in order to alleviate the suffering of millions. We have a rigorous funding model for new medical research. And, thanks to the generous contributions of private sponsors, we are able to dedicate 100% of every donation dollar directly to research project initiatives and awareness programs.

Found a tick?



Stay calm...remove the tick as soon as possible.

1. Using pointy tweezers, grasp the tick as close to the skin as possible.
2. Lift the tick STRAIGHT UP to pull out of the skin. Do not twist. (Yanking may increase infection risk).
3. If the tick is alive, place it inside a sealed zip-lock bag or sealed vial with a piece of moist paper towel or swab of moist cotton.
4. If tick is dead, save the tick in a zip-lock bag or vial. **Do NOT store the tick in alcohol or any other substance** as it may compromise testing.
5. Label the bag and document the tick for testing. For an example of the correct information you need to record, visit www.bayarealyme.org.
6. Wash your hands and the bite with soap and water or antiseptic.
7. Visit www.bayarealyme.org/get-help/tick-testing for an up-to-date list of places to send the tick.



Image © Tick Encounter.org

REMOVING TICKS SAFELY:

Grasp the tick as close to the skin as possible

Pull straight up, calmly and quickly

ABOUT BAY AREA LYME FOUNDATION

Bay Area Lyme is a national nonprofit dedicated to accelerating medical breakthroughs for Lyme disease. The organization was founded in late 2011 by a group of ambitious entrepreneurs and community leaders from Silicon Valley, each fueled by the passion of having personally suffered through this debilitating disease. Alarmed by the lack of answers and public awareness about Lyme, the team saw an opportunity to mobilize the research community and engage the private sector in the effort to develop reliable diagnostics and helpful therapeutics. **Learn more and find out how you can get involved and join our cause. Visit www.bayarealyme.org.**



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Committed to making Lyme disease easy to diagnose and simple to cure

BAYAREALYME.ORG

Free Tick Testing

Our goal at Bay Area Lyme Foundation is to provide individuals with free, timely information as to whether a tick they have encountered is—an infected or uninfected tick.

Why Are We Offering Free Testing?

Sending us your tick(s) allows our scientific researchers to gather data about ticks from all over the United States. Our scientists can broaden their investigations into tick populations and glean information on the current distribution of the major tick vectors and the prevalence of tick-borne pathogens that people encounter in different locations. By sending us your tick(s) you are participating in a citizen science project and national tick-collection/testing effort which will enable our scientists to compare past and potential future distributions of ticks and tick-borne disease. Our hope is that by collecting this data, we may be able to predict where risk of disease is most common.

Ticks will be tested for 6 pathogens: *Borrelia burgdorferi*, which causes Lyme disease; *Borrelia miyamotoi*, which causes tick-borne relapsing fever; *Anaplasma phagocytophilum*, which causes human granulocytic anaplasmosis, and *Rickettsia rickettsii*, the agent of Rocky-mountain spotted fever, and the protozoan pathogen, *Babesia microti*. **Testing in 2019 now includes *Bartonella* group, that includes *Bartonella henselae*.** Visit www.ticktesting.org for more information.

Prevention is Key! Teach kids to:

- Conduct tick-checks DAILY, especially during showers
- Ticks like certain parts of the body: groin, armpits and around the waistband
- Use insect repellent with 20% Deet on exposed skin
- Consider treating your kids' clothing with Permethrin
- Walk in the middle of the trail, avoiding bushes, grasses, leaf piles and logs
- Wear light-colored clothing covering ankles and wrists
- Ticks crawl UP, so tuck pants into socks
- Stay calm and go talk to an adult if they find a tick on themselves or another person
- Make sure they tell the doctor they've been in a place where ticks are present if they get sick after outdoor education, even if they don't think they were bitten