

Ten Things You Can Do for Lyme Disease Awareness Month

May is National Lyme Disease Awareness Month, a chance for Lyme patients, activists, and educators to spread information on how to prevent Lyme and tick-borne diseases. We've created a list of several things that you, your family, and friends can do to help spread awareness.

1.



Arrange a Lyme education event

You can organize a Lyme education event just about anywhere. Some examples include schools, libraries, camps, YMCAs, gyms, doctor's offices, parks, fire departments, and even the workplace. This is a great way to get everyone involved while raising awareness and educating the public on Lyme disease prevention. [READ MORE](#)

2.



Ask your local government to create a proclamation

A proclamation is a way for mayors, council members, and other elected representatives to commend people or make a public announcement. This is a simple process that allows you to educate local officials about how much Lyme disease is affecting their region and create a newsworthy event to raise awareness. [READ MORE](#)

3.



Create a fundraiser on Facebook

Facebook has a feature that allows its users to create a fundraiser for charitable organizations. If you are on Facebook, you will automatically be prompted to “donate your birthday” or you can follow these easy steps to create a fundraiser even when it’s not your birthday. [READ MORE.](#)

4.



Get your Lyme message on TV

Local TV stations want to tell stories that directly impact their viewers. A good way to capture their interest is to demonstrate how local people are at risk from ticks and the diseases they can carry. [READ MORE.](#)

5.



Organize a Lymewalk

A Lymewalk can be a good way to get your community involved in raising awareness of Lyme disease and to raise money for Lyme research. [READ MORE.](#)

6.



Put up a billboard

LymeDisease.org has worked with patient advocacy groups to put up billboards along highways in Alabama, Arizona, California, Florida, Georgia, Massachusetts, South Carolina, Utah, and Wisconsin. You can do this, too! Use our Symptom Checklist artwork to save money on design work. [READ MORE](#)

7.



Schedule a screening of Under Our Skin

The award-winning documentary “Under Our Skin” and its sequel “Emergence” sparked widespread conversation about Lyme disease. You can keep the discussion going, whether you’re an individual or a group, by setting up a personalized screening of either film. This is a great way to educate others about the disease. [READ MORE](#)

8.



Write a letter to the editor of your local paper

Writing a letter to the editor of your local or regional newspaper can be an easy and effective way to reach a large audience with your Lyme awareness message. [READ MORE](#)

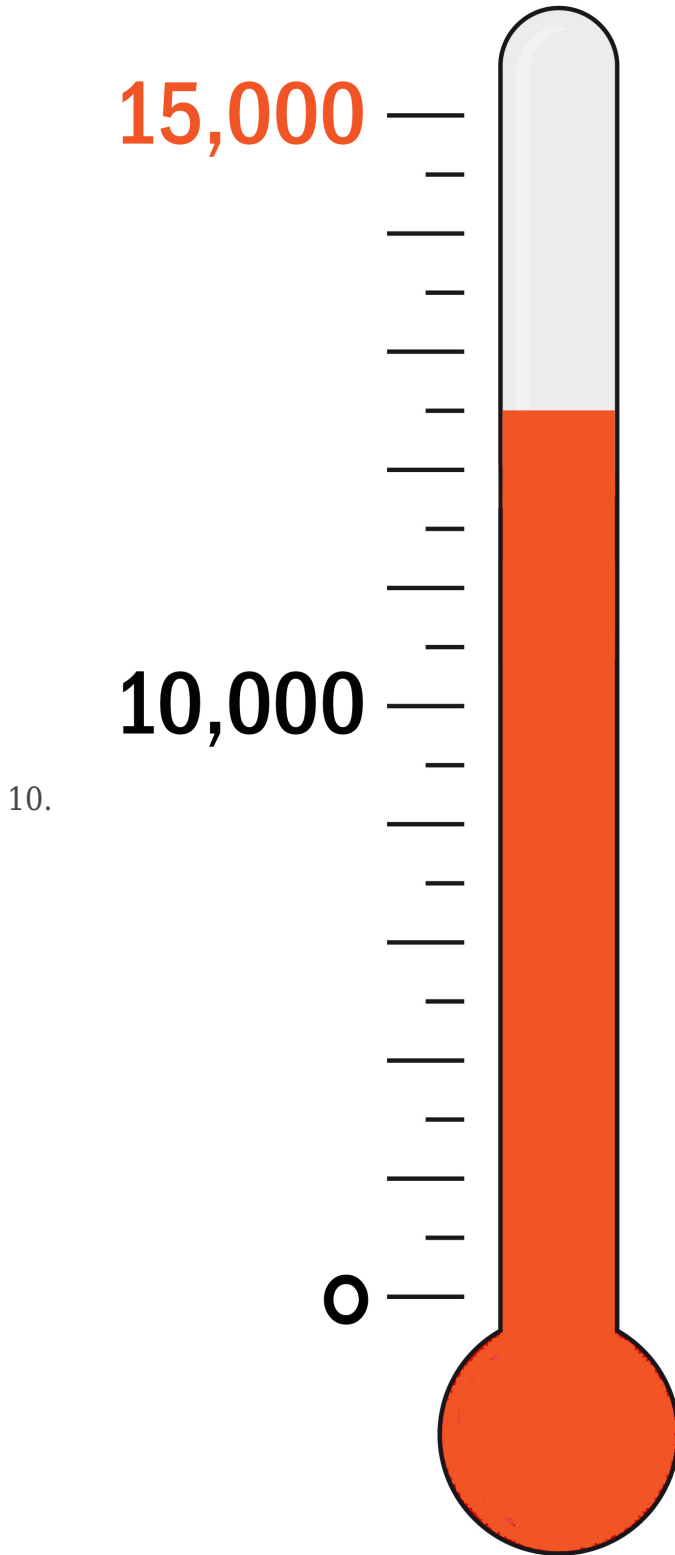


9.



Write a press release

You can create a press release highlighting a special event and send it to newspapers, TV and radio stations. You can also share it on social media. [READ MORE](#)



Help us reach our goal of 15,000 MyLymeData participants

If you have been diagnosed with Lyme disease and live in the United States, you are eligible to join our patient registry. MyLymeData is the largest long-term study ever conducted on Lyme disease, with over 10,000 patients enrolled so far. Gathering the experience of actual Lyme patients provides a more accurate picture to researchers, a key factor in the search for better Lyme treatments and eventually, a cure.

Participants take surveys on their own computers at a time that is convenient for them. If patients are unable to enroll themselves, spouses or other family members can do it on their behalf. If you are ineligible to take part in the study, you can still support us by sharing MyLymeData with everyone you know. By doing so you help raise awareness and encourage action. [READ MORE](#)

No act is too small. If you educate even one person, you have done something worthwhile. We hope this list will inspire you to act!

Editor's note: Any medical information included is based on a personal experience. For questions or concerns regarding health, please consult a doctor or medical professional.

