

## Celebrate Small Businesses

By Rep. Joe Emrick

BETHLEHEM - As National Small Business Week and Pennsylvania Small Business Week draw to a close on Saturday (May 4), it is important to remember these employers are the backbone of our economy.

Pennsylvania is home to more than 1 million small businesses that employ approximately 2.5 million workers.

Small business owners have displayed incredible perseverance and resilience in the face of challenges, including the global pandemic, staffing shortages and economic downturn. We are working to advance policies to further help them thrive, including creating a more competitive tax climate, easing regulatory burdens and enhancing our workforce.

I hope you will join me in thanking and patronizing our small businesses year round.



## Prevent Lyme: Check for Ticks

By Rep. Joe Emrick

BETHLEHEM - May is Lyme Disease Awareness Month. As you spend time outdoors, it is important to check yourself, loved ones and pets for ticks and be aware of the symptoms of Lyme disease and other tick-related ailments.

The first line of defense against Lyme is to take precautions outdoors by treating clothing and gear with products containing 0.5% permethrin, using insect repellent, and avoiding wooded and brushy areas with high grass or leaf litter. When you return indoors, check your clothing, gear and pets for ticks; shower as soon as possible after being outdoors; and check your body for ticks, particularly in areas such as under the arms, in and around the ears, back of the knees and other similar areas.

If bitten, an individual should monitor the area for the appearance of a bull's eye rash, though the rash does not develop in all cases. Early symptoms of Lyme disease include fever, fatigue, headache and muscle aches. However, symptoms may progress to arthritic, neurologic and cardiac symptoms if not treated.

Lyme disease is caused by the bacteria *Borrelia burgdorferi* and is transmitted by the bite of a blacklegged tick or deer tick. If you pull a tick from yourself, a loved one or your pet, you may have it tested to determine if it carries Lyme or other tick-borne diseases. More information about how to get a tick tested at the East Stroudsburg University Tick Lab is available here.



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