



## Prevent Lyme: Check for Ticks

By State 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.

Learn more about Lyme disease symptoms, treatment and prevention here:

<http://links.pahousenews.com/q/dFTxxqxVKu0XlciDwDnWv4d2LAmoupfZsmAZcOJYnZ0aW1lc0ByY24uY29tw4gbKdYVhp4e5lyL1Rf-7fOnuWSjUQ>



## Keystone Commitment: A Future-Focused, People-Driven Pledge to All Pennsylvanians

By State Rep. Joe Emrick

BETHLEHEM - Our Commonwealth and nation are at a crossroads. Inflation continues to soar, and you feel it every time you gas up your car, heat your home, or even just put dinner on the table.

We must lead the way to a better future for everyone. That is the Keystone Commitment, a promise to listen to your concerns and promote policies that will help you and your family during these unprecedented times.

The Keystone Commitment is a people-driven, future-focused platform that delivers hope through the opportunity to experience earned success. It is built on four cornerstones: a thriving economy, affordable living, safer communities, and a child-first, family-focused education.

Watch for more in the coming weeks about our commitment and the policies we are working to advance in the state House. Learn more at [KeystoneCommitment.com](http://KeystoneCommitment.com).



### Small Business Strive and Thrive Training

**Learner Objectives:**

Interested in growing your business by learning from your local colleagues?

Join us at the Easton Public Market to hear from an expert panel of local business owners and resource partners with tips to grow your business and what resources are available to you in the Lehigh Valley. After the panel discussion, there will be time to network and explore the Easton Public Market.

**May 11, 2023**

**Topics Covered:**

- Growing a Business
- Marketing / Social Media
- Financing Options
- Strategic Planning
- Local Resources

**Agenda & Details:**

**Location:**  
Easton Public Market  
Community Room  
325 Northampton Street  
Easton, PA 18042

**Tentative Agenda:**

5PM	Doors Open
5:30PM - 6:30PM	Panel Discussion
6:30PM - 7:30PM	Networking / Exploring the Public Market

**Register Today!**

Email Dawn Tomaino at [DTomaino@nrcopa.gov](mailto:DTomaino@nrcopa.gov)

[sbdc@lehigh.edu](mailto:sbdc@lehigh.edu)

(610) 758-3980

416 E. 5th Street  
Bethlehem, PA 18015

## Meeting with the Pennsylvania Restaurant and Lodging Association

By State Rep. Joe Emrick

BETHLEHEM - I recently met with President and CEO of Lehigh Valley Restaurant Group, Mike Axiotis, and other representatives from the Pennsylvania Restaurant and Lodging Association (PRLA), Megan Huffman and Ed Kruczek to discuss what we can do as legislators to help our small businesses in the restaurant and lodging industries succeed.

As National Small Business Week and Pennsylvania Small Business Week draw to a close on Saturday (May 6), it is important to remember these employers are the backbone of our economy.

Pennsylvania is home to 1.1 million small businesses that employ approximately 2.5 million workers.

Small business owners have displayed incredible perseverance and resilience in the face of challenges like the COVID-19 pandemic, staffing shortages and supply chain disruptions.

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

### FAKE PILLS KILL.

Fake Is Real is a fentanyl awareness campaign whose mission is providing straightforward, fact-based information that reduces harm from fentanyl-laced drugs and counterfeit prescription pills. We do it by giving users the information necessary to survive and save a life.

**LEARN THE SIGNS OF AN OVERDOSE**  
ANYONE CAN SAVE A LIFE. BE PREPARED TO ACT IN THE EVENT OF A FENTANYL OVERDOSE OR POISING

**STOP THE STIGMA**  
**84%** SAY THAT COPING WITH STRESS AND ANXIETY IS A REASON THEY TURN TO PILLS

**Real Help Against Fake Pills.**

[FAKEISREAL.ORG](http://FAKEISREAL.ORG)

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