



2021 ANNUAL REPORT

Regional Tick-Borne Disease Resource Center

Dear Friends,

We began 2021 with high hopes for a return to a normal tick season, only to be stopped in our tracks by the emergence of the Delta and Omicron variants. So began a second challenging year for the Regional Tick-Borne Disease Resource Center. Reenergized to find even more innovative and creative ways to reach the community with the message of tick safety, we believe we have succeeded again.

Amplified by the use of social media, we were helped by interested community groups and individuals who spread our message. This resulted in a record 892 phone calls to our "Help Line," as well as, just over the 4th of July weekend alone, more than 300 emails to the Center requesting tick removal kits and handbooks. More and more local businesses are contacting us requesting resources for their at-risk employees. Our elected officials have also reached out requesting our Tick Disease Handbook and tick

removal kits to hand out to their constituents at various outreach events, street fairs and festivals throughout Suffolk County.

We hope you will find this Annual Report interesting and informative. As always, we extend a huge thanks to all of our generous friends, our medical staff, and our local government officials who continue to enthusiastically support our programs. We will keep you advised as we roll out new programs and updates in the days ahead.

Sincerely,



Robert S. Chaloner

Chief Administrative Officer
Stony Brook Southampton Hospital



Stony Brook **Southampton Hospital**

In 2021...

Over

16,100

Tick-Borne Disease Handbooks were inserted into East End newspaper subscribers' papers in June.

Through a collaboration with the **South Fork Natural History Museum**

all of their new and renewal members receive a copy of our Tick-Borne Disease Handbook in their welcome packages. Complimentary copies of the book are also available at SOFO in Bridgehampton.

Our second annual year-end December Fundraiser raised **\$28,800** including the generous match from the **Island Outreach Foundation**.

Tick-Disease Handbooks and tick removal kits were supplied to numerous local town governments for their employees and visitors, public safety officers, Suffolk County Park Rangers, East End summer camps, numerous Scouting troops and public welfare agencies, among others.

Requests for tick removal kits exploded in June and July. Throughout the summer months over **2,000 kits** were mailed all over the tri-state region.

A record-setting **892** phone calls were made to our tick "help line."

Over **80** participants "Zoomed in" to our educational lecture held through Quogue Wildlife Refuge in June!



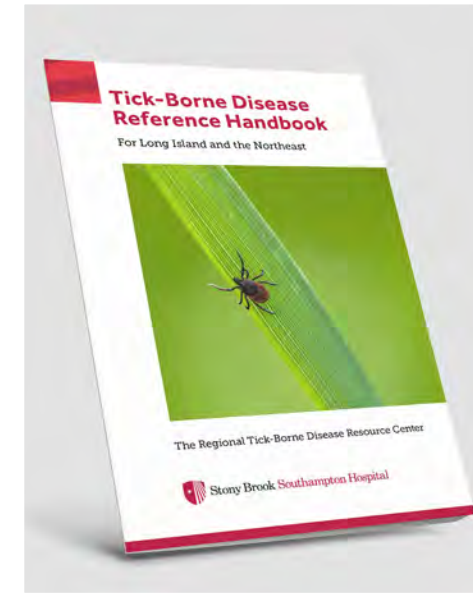
Through our partnership with the **Arthropod-Borne Disease Lab** at the Suffolk County Department of Health Services, we have broadened our reach and jointly conducted outreach programs right up to the Nassau County line.



Through a partnership with the Suffolk County Cooperative Library System over

10000

copies of the Tick-Borne Disease Handbook were supplied for the patrons of libraries from Huntington to Montauk.



Our Award Winning Handbook!

Winner of a Healthcare Ad Award of Merit for an outstanding publication in 2021!

Our comprehensive guide to ticks and the diseases they can transmit to humans was authored by the members of our Scientific and Medical Advisory Panels. You'll find clear and concise information about tick species, pathogens, and the types of infections and diseases that may be transmitted. Chapters on prevention and treating outdoor landscapes are also included. This book is made possible by a generous grant from the Island Outreach Foundation.

To get your Tick-Borne Disease Reference Handbook: email Karen.Wulffraat@stonybrookmedicine.edu or call (631) 726-TICK (8425). Please provide name and mailing address.

Coming in 2022

Medical Symposium

Postponed for two years due to the pandemic, our third annual **Medical Symposium for Physicians** is planned for Spring 2022. This all-day seminar on tick disease, designed to meet the needs of medical professionals, furthers our mission to promote collaboration and educational opportunities within the medical community, and thus ultimately benefitting our residents and visitors to the area.



5 Tick Myths!

1 You will develop a rash if you've been infected by a tick.

Less than half of people who've been infected with Lyme Disease show the bull's-eye rash. You could also be infected with a different tick-borne disease that does not result in a rash.

2 If you're not around deer you don't need to worry about Lyme disease.

Deer ticks carry the bacteria that causes Lyme disease. These ticks feed on mice, chipmunks, squirrels, birds and other mammals, including your pets. Also, ticks don't fly or drop from trees. Even if you're not around deer, you can still be at risk.

3 You don't have to worry about ticks after the first hard frost.

Ticks are still active in the winter! Even if they freeze they are not dead. They become active again when the temperature is above 32°F and there is no snow to insulate them.

4 You're most at risk for contracting a tick-borne disease when you're hiking or camping in the woods.

In fact, you can be at risk in your own backyard. Most people take precautions when they are out in nature. Don't let your guard down when you're gardening or mowing the lawn.

5 Throw your clothes into the washing machine when you've been outdoors to kill the ticks.

Actually, put your clothes in the dryer first, on high heat for about 15 minutes. Ticks can survive in the washing machine, and in the hamper. High heat causes ticks to dry up and that's the best way to kill them.

Our Mission

Since 2014, the Regional Tick-Borne Disease Resource Center has educated the public and the medical community about the many tick-borne diseases prevalent on Long Island and in the Northeast. In 2021 our popular tick disease "Help Line" received a record 892 calls from residents and visitors seeking information about ticks and the pathogens they carry, help with referrals to medical providers, information about testing, and tips for prevention. We have brought as many as forty-five educational lectures a year to libraries, civic organizations, local town governments, garden clubs, and schools throughout Suffolk County. Hosting full-day medical symposia for physicians and inviting experts from prestigious medical research institutions to lecture on tick disease, furthers our mission to promote collaboration among the local medical community, and helps to strengthen our ability to combat the epidemic of tick-borne disease.



Medical Advisory Panel

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CARDIOLOGY

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INFECTION CONTROL

ANNA-MARIE WELLINS, DNP
FAMILY MEDICINE

FREDRIC I. WEINBAUM, MD, COO
CHIEF MEDICAL OFFICER

Contact us with questions:

Help Line:
(631) 726-TICK

Website:
EastEndTickResource.org

To make a donation to the Regional Tick-Borne Disease Resource Center please call **(631) 726-8700, Ext. 5**

Scientific Advisory Panel

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Thank You to Our Major Supporters

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A SPECIAL THANKS TO OUR VOLUNTEERS: DRS. MARY AND EDWARD PERGIOVANNI