



## MEDIA RELEASE

CT Department of Labor *Communications Office*  
Commissioner Kurt Westby

# May 21 CONN-OSHA Roundtable Offers Guidelines for Lyme Disease Prevention

WETHERSFIELD, May 9, 2019 – The Connecticut Department of Labor’s Division of Occupational Safety and Health (CONN-OSHA) will hold a May 21 Breakfast Roundtable Discussion Group to provide tips on the prevention of tick-borne diseases. The roundtable will be held 8:15 to 9:45 a.m. at the agency’s Wethersfield office located at 200 Folly Brook Boulevard.

Guest speakers are Elena and Rob Zajac who volunteer their time as educators to promote public awareness of “The Lyme Connection – BLAST Tick-borne Disease Prevention Program.” Elena Zajac is a former middle school teacher who left the profession due the debilitating symptoms of Lyme disease. Her husband Rob is a firefighter for the South Fire District in Middletown and also battles tick-borne illness.

According to CONN-OSHA Occupational Safety Training Specialist and roundtable project coordinator John Able, the BLAST acronym stands for these important prevention tips:

- **B**athe within two hours of outdoor activity.
- **L**ook for tick and rashes daily.
- **A**pply repellents to skin and clothing.
- **S**pray the yard and maintain a tick-safe landscape, and
- **T**reat pets with veterinarian-recommended products.

Admission to the breakfast is free, but pre-registration is required. Please contact Able at [john.able@ct.gov](mailto:john.able@ct.gov) to register or for additional information.

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