

[Your Name]  
[Your Address]  
[City, State, ZIP Code]  
[Email Address]  
[Phone Number]  
[Date]

[Recipient's Name]  
[Recipient's Address]  
[City, State, ZIP Code]

Dear [Recipient's Name],

I am writing to inform you that I have been diagnosed with Lyme disease. As part of my commitment to transparency and health safety, I feel it is important to disclose this information to you.

Lyme disease is an infection caused by the bacterium *Borrelia burgdorferi*, which is typically transmitted through tick bites. I have been working closely with my healthcare provider to ensure that I receive appropriate treatment and support.

Please be assured that I am taking all necessary precautions to manage my health and prevent any potential impact on those around me. I am committed to following medical advice and will keep you updated regarding my condition as needed.

If you have any questions or require further information, please feel free to contact me.

Thank you for your understanding.

Sincerely,  
[Your Name]