No Ticks 4 ME

Lyme disease remains the most common tickborne disease in Maine with 1,769 cases reported in 2017 (preliminary data as of 1/16/18). While ticks can be active at any temperature above freezing, they are most active in warmer months. May is Lyme Disease Awareness Month in Maine, and we ask you to please help us stress the importance of tick education. Specifically, we ask you to encourage patients to use "No Ticks 4 ME" when spending time outdoors. This includes 1.Using caution in areas where ticks may be, 2.Wearing protective clothing, 3.Using EPA approved repellents, and 4. Performing daily tick checks after being outdoors.

Important Things to Remember

- Lyme disease is preventable by avoiding contact with infected ticks and tick infested areas.
- Lyme disease is caused by the bacteria *Borrelia burgdorferi*, which is transmitted through the bite of an infected deer tick (*Ixodes scapularis*). The tick must be attached to an individual for 24-48 hours before Lyme disease can be transmitted.
- The most common early symptom of Lyme disease is an erythema migrans (EM), a "bull's eye" rash that appears 3-30 days after transmission (seen in about 60 to 80 percent of cases nationwide). Other early symptoms include: fatigue, fever, headaches, arthralgia, and myalgia.
- Disseminated symptoms include: arthritis including joint swelling, Bell's palsy and other cranial neuritis, encephalitis, lymphocytic meningitis, radiculoneuropathy, and second- or third-degree atrioventricular block.
- Antibiotic therapy is effective for the treatment of Lyme disease. Clinical treatment guidelines are available at the Infectious Diseases Society of America (IDSA)'s website.

Lyme disease is not the only disease that can be carried by *Ixodes scapularis.* Anaplasmosis, babesiosis, and Powassan are three other tickborne infections found in Maine. The number of human anaplasmosis cases rose to 662, the number of human babesiosis cases rose to 117, and the number of human Powassan cases increased to 3 in 2017 (preliminary data as of 1/16/18). The majority of tickborne illnesses occur during the summer months when ticks and humans are active outdoors. If you see a patient with "summer flu," especially if their WBC is low - think anaplasmosis and send samples for PCR testing.

Thank you for your invaluable help in preventing tickborne diseases here in Maine.

Resources:

- IDSA treatment guidelines available at http://cid.oxfordjournals.org/content/43/9/1089.full
- Lyme disease case report form available on the web at http://www.maine.gov/lyme under Resources for Physicians
- "Tick-Borne Disease in Maine: A Physicians Reference Manual" is available online at http://www.maine.gov/lyme under Tick Resources. Paper copies can be requested through disease.reporting@maine.gov
- University of Maine Cooperative Extension Tick ID Lab submission instructions found at http://extension.umaine.edu/ipm/tickid/
- To continue getting updates throughout May please like our Facebook page at https://www.facebook.com/MaineCDC
- For additional questions, please call Maine CDC at 1-800-821-5821 or email disease.reporting@maine.gov
- Tickborne videos can be found on our website www.maine.gov/lyme on the left hand side of the page
- Human Lyme disease data is available through the Maine Tracking Network at: Data Portal - Lyme