

## No Ticks 4 ME

Lyme disease remains the most common vectorborne disease in Maine, and can be transmitted to both humans and animals. Maine had 1,769 human cases of Lyme disease 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. Education and prevention methods are important for both humans and pets, and you play an important role in educating pet owners. Please help pet owners by reminding them to: 1. Use caution in tick infested areas, 2. Wear light-colored long sleeved clothing for protection, 3. Use EPA approved repellent while outdoors, and 4. Perform daily tick checks on themselves and their pets after being outdoors. Additionally, it's important to remind them to treat pets with preventatives such as Frontline Plus, PetArmor, etc.

Lyme disease is caused by the bacteria *Borrelia burgdorferi* and is transmitted through the bite of an infected deer tick (*Ixodes scapularis*). The tick must be attached for 24-48 hours to transmit the bacteria, which is why it is vital to stress prompt, proper, and careful removal of attached ticks from both humans and pets.

Maine CDC would appreciate it if you would continue to remind pet owners that:

- Animals and humans are susceptible to Lyme disease.
- Daily tick checks are important for both animal and human health.
- Prompt and proper removal of attached ticks from both animals and humans will help prevent Lyme disease.
- Using acaricides on pets can help reduce the number of ticks that are brought into the home.
- There is a vaccine to prevent Lyme disease in dogs; however there is not a human vaccine.
- Lyme disease is treatable, in humans and animals, with antibiotics.

Lyme disease is not the only disease that can be carried by deer ticks in Maine. 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).

While the deer tick is the only species of tick in Maine that can transmit Lyme disease, there are other species of ticks found across the state including dog ticks. Tick identification is important, especially when removing ticks, and there are tick identification resources available to order at Maine CDC's website. The University of Maine Cooperative Extension Tick ID Lab also offers free identification services and educational references.

Thank you for your invaluable help in preventing Lyme disease here in Maine.

### Resources

- Maine CDC has Lyme disease information available on our website at: <http://www.maine.gov/lyme>
- UMaine Extension Tick ID Lab: <http://umaine.edu/ipm/tickid/>
- Educational materials can also be ordered through our website at: <http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/order-form-wn.shtml>
- Human Lyme disease data is available through the Maine Tracking Network at: [Data Portal - Lyme](#)
- To continue getting Lyme 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](mailto:disease.reporting@maine.gov)
- Tickborne videos can be found on our website [www.maine.gov/lyme](http://www.maine.gov/lyme) on the left hand side of the page