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## Lyme Disease Awareness Month: Little Tick, Big Deal

As the weather warms in Maine, the Maine CDC expects the number of Lyme and other tickborne disease case reports to increase. May is Lyme Disease Awareness Month (LDAM), which provides the perfect time to help patients and Maine communities protect themselves from tickborne diseases.

The LDAM theme this year is “Little Tick, Big Deal.” Encourage patients to make tick bite prevention a big deal by:

- 1) Knowing tick habitat and using caution in areas where ticks may live.
- 2) Wearing light-colored clothing that covers arms and legs.
- 3) Using EPA-approved repellents such as: DEET, picaridin, IR3535, and oil of lemon eucalyptus on skin. Use permethrin on clothing.
- 4) Performing daily tick checks on ourselves, all family members.
- 5) Showering after being in tick habitat.

Health care providers in Maine reported more than 2,900 cases of Lyme disease in 2023 (data as of March 13, 2024). Providers also reported 777 cases of anaplasmosis, 195 cases of babesiosis, 14 cases of Hard Tick Relapsing Fever, and seven cases of Powassan virus disease (data as of March 13, 2023). Learn more about tickborne diseases in Maine at [www.maine.gov/dhhs/vectorborne](http://www.maine.gov/dhhs/vectorborne).