



NATIONAL LYME DISEASE AWARENESS MONTH

MAY



What is Lyme Disease?

Lyme disease is an illness you may get from a tick bite. In Maine, Lyme disease is the most frequently reported tickborne illness. The number of cases continues to rise each year as deer ticks expand their range across the state. While anyone can get Lyme disease, certain groups are at greater risk, including:

- People who spend a lot of time outdoors
- Adults age 65 and older
- Children between the ages of 5 and 14

After a Tick Bite: What You Should Know

- Not every tick bite causes Lyme disease.
- An infected tick typically must be attached for at least 24 hours before it passes on Lyme disease.
- [Removing a tick](#) within 24 hours lowers your chances of getting Lyme disease.
- Early signs of Lyme disease can start 3 to 30 days after a tick bite and may include:
 - Fever and chills
 - Headache
 - Feeling very tired
 - Muscle and joint pain
 - Swollen lymph nodes
 - Erythema migrans (EM) rash, often called a “bullseye rash”

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Be Tick Aware: Three Key Moments to Protect Yourself



Before going outdoors: Treat your clothing, shoes, and gear with permethrin, an insect repellent. Learn how to [apply permethrin safely](#).



While outdoors: Tuck your pant legs into your socks. Stay in the center of trails and away from brushy and high-grass areas where ticks live. Use an [EPA-approved repellent](#).



After outdoor activity: Check your clothing, gear, and pets for ticks. Shower within 2 hours of coming indoors and do a full-body [tick check](#). If you find any ticks, remove them as soon as possible.

Worried you might have Lyme Disease?

Call your doctor. Doctors diagnose tickborne diseases by looking at your symptoms and doing lab tests. Treatment is available and works best when started early.



24/7 Care with Anthem LiveHealth Online

As a State of Maine Health Plan member, telehealth visits on [LiveHealth Online](#) are a covered benefit by your health plan. Visit with a doctor online, 24/7. Go to [livehealthonline.com](#) or download the app to sign up.