Anaplasmosis is an illness caused by the bacteria *Anaplasma phagocytophilum*. It is spread by the bite of an infected *Ixodes scapularis* tick (also called the deer tick).

Anyone can get anaplasmosis, but people who spend time outdoors are at the highest risk.

**Common Signs and Symptoms**

- Fever and Chills
- Headache
- Muscle Pain
- Nausea and Abdominal Pain

**More Severe Signs and Symptoms**

- Difficulty Breathing
- Kidney Failure
- Neurologic Problems

Symptoms range from mild to severe. Very few people experience ALL of these symptoms.

Talk to your doctor if you have any of these signs or symptoms after being bitten by a tick. Anaplasmosis is diagnosed based on signs and symptoms and confirmed through blood tests. It is treated with antibiotics.
Preventing Tick Bites

- Wear light-colored, long-sleeved clothing and pants. Tuck your pants into your socks.
- Use an EPA-approved bug spray.
- Rake your leaves and keep your lawn mowed.
- Do daily tick checks and check your pets too.

Safe Tick Removal

Use a tick spoon or fine-tipped tweezers to remove a tick.

- Using tweezers, grab the tick by its mouth and use firm, steady pressure to pull the tick out. Do not use twisting motions.
- Using a tick spoon, line the notch of the spoon up with the head of the tick and gently scoop.

Do not use nail polish, matches, or petroleum jelly to remove the tick. These methods increase the risk of localized skin infection.

Where are Deer Ticks Found in Maine?

Deer ticks, which can carry the bacteria that cause anaplasmosis, are found everywhere in Maine. Areas where deer ticks live include:

- Wooded or forested areas
- Wild, unmaintained landscapes with high grass
- Brush or leaf piles

Ticks are active at any temperature above freezing.

For More Information, Visit:

1. www.maine.gov/dhhs/anaplasmosis
2. www.maine.gov/dhhs/tickfaq (For frequently asked tick questions)
3. www.cdc.gov/anaplasmosis
4. www.ticks.umaine.edu (To submit a tick for identification)
5. www.epa.gov/insect-repellents/find-repellent-right-you (For EPA approved repellents)

You can also call Maine CDC at 1-800-821-5821.

Updated July 2022

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