

# Lyme Disease

## Fact Sheet

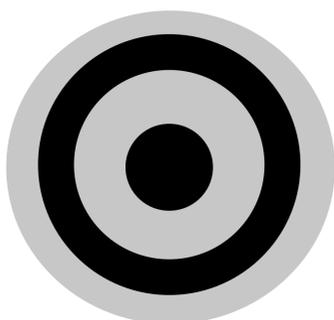


Lyme disease is an illness caused by the bacteria *Borrelia burgdorferi*. It is spread by the bite of an infected *Ixodes scapularis* tick (also called the deer tick).



Anyone can get Lyme disease, but children ages 5-14 years and adults over the age of 65 years are at the highest risk.

## Early Signs and Symptoms



Rash (Usually a "Bull's Eye")



Fever and Chills



Fatigue (Feeling Very Tired)



Muscle or Joint Soreness

Early signs and symptoms of Lyme disease occur within the first month after a tick bite.

## Other Signs and Symptoms



Arthritis



Neurologic, Memory, and Concentration Problems



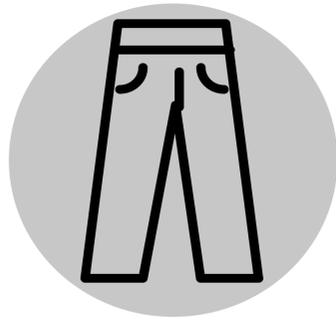
Heart Problems

These symptoms may appear weeks, months, or years after a tick bite if a person is not treated early.



Talk to your doctor if you have any of these signs or symptoms after being bit by a tick. Lyme disease 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. Tuck your pants into your socks.



Use an EPA approved bug spray.



Rake your leaves and keep your lawn mowed.



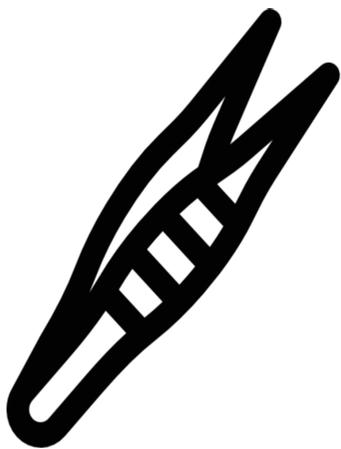
Do daily tick checks\* and check your pets too.\*\*

\*Ticks need to be attached for 24-48 hours before you can get Lyme disease.

\*\*A Lyme disease vaccine is currently available for dogs.

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## 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.

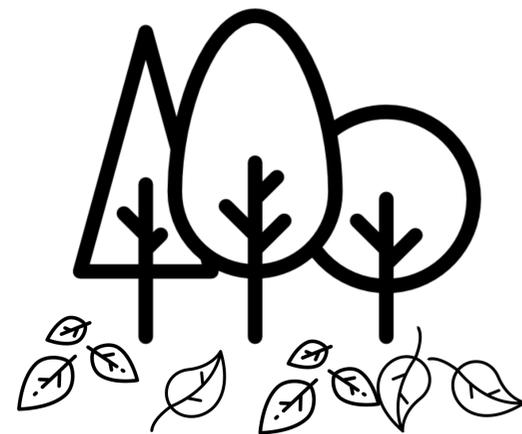
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## Where are Deer Ticks Found in Maine?

Deer ticks, which can carry the bacteria that cause Lyme disease, 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.



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## For More Information, Visit:



1. [www.maine.gov/lyme](http://www.maine.gov/lyme)
2. [www.maine.gov/dhhs/tickfaq](http://www.maine.gov/dhhs/tickfaq) (For frequently asked tick questions)
3. [www.cdc.gov/lyme](http://www.cdc.gov/lyme)
4. [www.extension.umaine.edu/ipm/tickid/](http://www.extension.umaine.edu/ipm/tickid/) (To submit a tick for identification)
5. [www.epa.gov/insect-repellents/find-repellent-right-you](http://www.epa.gov/insect-repellents/find-repellent-right-you) (For EPA approved repellents)

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