**Lyme Disease**

Maine Surveillance Report | 2020

**Case Information:**

- **1127** Confirmed and probable cases of Lyme disease
- **82.7** Cases per 100,000 people
- **48%** Decrease from 2019

**Characteristics:**

- **3%** hospitalized
- **21%** had a previous Lyme diagnosis
- **33%** reported history of tick bite
- **2%** co-infected with anaplasmosis
- **1%** co-infected with babesiosis
- **0%** co-infected with all three diseases
- **36%** reported an EM (bullseye) rash
- **39%** reported joint pain
- **11%** reported neurologic symptoms
- **1%** reported cardiac symptoms
- **7%** had spinal nerve or nerve root disease
- **4%** had Bell’s palsy or cranial nerve inflammation
- **1%** had encephalitis/encephalomyelitis

**Infection Rate by Age Group**

- **<5 years:** 56 cases
- **5-14 years:** 180 cases
- **15-24 years:** 36 cases
- **25-44 years:** 44 cases
- **45-64 years:** 103 cases
- **65+ years:** 125 cases

**Demographics:**

- **55%** of patients were male
- **Median age of 54**
- **Age range of 1-97 years**
- **73%** of patients were White

**Geography:**

- **56** Infection Rate per 100,000 Residents
- **1-25**
- **26-75**
- **151-300**
- **301+**

**Trends:**

- Cases reported in all 16 counties.
- Highest infection rate in Knox County.
- Highest infection rate in 65+ age group.
- Lowest infection rate in 5-14 age group.

**Prevention:**

- **Wear light-colored clothing**, including long-sleeved shirts, long pants, and socks
- **Use EPA-approved repellants**
- **Avoid infested areas** like wooded and brushy areas with high grass and leaf litter
- **Do a full-body tick check** including your clothing and gear when coming back indoors
- **Call your provider** if symptoms develop

**For more information visit:**

- [www.maine.gov/Lyme](http://www.maine.gov/Lyme)
- [www.cdc.gov/Lyme](http://www.cdc.gov/Lyme)

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All suspected or confirmed cases of Lyme Disease should be reported to Maine CDC by calling 1-800-821-5821 or faxing labs to 1-800-293-7534