Lyme Disease
Maine Surveillance Report | 2021

Case Information:

- **1510** Confirmed and probable cases of Lyme disease
- **110.0** Cases per 100,000 people
- **34%** Increase from 2020

Demographics:
- 55% of patients were male
- Median age of 57
- Age range of 1-96 years
- 79% of patients were White

Geography:

Characteristics:
- 2% hospitalized
- 16% had a previous Lyme diagnosis
- 38% reported history of tick bite
- 3% co-infected with anaplasmosis
- 2% co-infected with babesiosis
- 0% co-infected with all three diseases
- 47% reported an EM (bullseye) rash
- 32% reported joint pain
- 9% reported neurologic symptoms
- 1% reported cardiac symptoms
- 5% 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: 88
- 5-14 years: 126
- 15-24 years: 114
- 25-44 years: 46
- 45-64 years: 66
- 65+ years: 185

Trends:
- Cases reported in all 16 counties.
- Highest infection rate in Knox County.
- Highest infection rate in 65+ age group.
- Lowest infection rate in 15-24 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 a 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)

All Lyme Disease positive laboratory results should be reported to Maine CDC by calling 1-800-821-5821 or faxing labs to 1-800-293-7534.