Case Information:

2167
Confirmed and probable cases of Lyme disease
161.2
Cases per 100,000 people
54%
Increase from 2018

Demographics:
56% of patients were male
Median age of 56
Age range of 1-95 years
86% of patients were White

Geography:

Characteristics:

- 3% hospitalized
- 15% had a previous Lyme diagnosis
- 36% reported history of tick bite
- 3% co-infected with anaplasmosis
- 1% co-infected with babesiosis
- <1% co-infected with all three diseases
- 47% reported an EM (bullseye) rash
- 32% reported joint pain
- 9% reported neurologic symptoms
- <1% reported cardiac symptoms
- 4% 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

- 339.7 per 100,000 residents (0-5 years)
- 95.2 per 100,000 residents (5-14 years)
- 64.6 per 100,000 residents (15-24 years)
- 87.0 per 100,000 residents (25-44 years)
- 216.5 per 100,000 residents (45-64 years)
- 222.6 per 100,000 residents (65+ years)

Trends:
- Highest number of Lyme disease cases reported in Maine in one year.
- Cases reported in all 16 counties.
- Highest infection rate in Knox County.
- Highest infection rate in 65+ 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
- www.cdc.gov/Lyme

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