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## Lyme Disease Awareness Month: Don't Let a Tick Make You Sick

As the weather warms in Maine, the Maine CDC expects the number of Lyme and other tickborne disease case reports to increase. May is Lyme Disease Awareness Month (LDAM), which provides the perfect time to help clients protect themselves and their pets from tickborne diseases.

The LDAM theme this year is "Don't Let a Tick Make You Sick." Encourage clients to make tick bite prevention a habit with these tips:

- **T: Take** and use an EPA-approved repellent. Use DEET, picaridin, IR3535 (Ethyl butylacetylaminopropionate), or oil of lemon eucalyptus on skin. Use permethrin on clothing only.
- **I: Inspect** your whole body for ticks daily and after outdoor activities. Check family members and pets too.
- **C: Cover** your skin with light-colored long sleeve shirts and pants. Tuck pants into socks.
- **K: Know** when you are in tick habitat and take precautions in areas where ticks may live.
- **S: Shower** when you get home to remove crawling ticks. Put clothes in the dryer on high heat for 15 minutes before washing to kill ticks on clothes.

Remind clients to use tick bite prevention year-round on pets. (Ticks can be active any time the temperature is above freezing.)

Health care providers in Maine reported more than 3,200 cases of Lyme disease in 2024 (data as of April 10, 2025). Providers also reported 1,316 cases of anaplasmosis, 321 cases of babesiosis, 23 cases of Hard Tick Relapsing Fever, and seven cases of Powassan virus disease (data as of April 10, 2025). Learn more about tickborne diseases in Maine at [www.maine.gov/dhhs/vectorborne](http://www.maine.gov/dhhs/vectorborne).