

Tick-Free Zone - 2026 Lyme Disease Awareness Month

As Mainers head outdoors this spring, it is important to remember that ticks are active too. Make your life a tick-free zone by taking these simple steps every day:

- **Know** when you are in tick habitat and take precautions in places where ticks may live.
- **Wear** light-colored long-sleeved shirts and pants. Tuck pants into socks.
- **Use** an EPA-approved repellent like DEET, picaridin, IR3535, or oil of lemon eucalyptus. Pre-treat clothing with permethrin.
- **Shower** when you come inside from outdoor activity. This can help remove crawling ticks. Put clothes in the dryer on high heat for 15 minutes before washing to kill ticks on clothes.
- **Check** your whole body for ticks after outdoor activities and at least once per day. Check family members and pets, too.

If you start to feel sick after a tick bite, see a health care provider. For more information on tickborne diseases and tick bite prevention, visit www.maine.gov/lyme.