

State of Maine



**WHEREAS**, the Maine Center for Disease Control and Prevention reported over 4,200 probable cases of Lyme disease in 2025; and

**WHEREAS**, the actual incidence of Lyme disease in Maine is likely much higher than reported, disproportionately affecting children between five and fifteen years and adults over forty-five years; and

**WHEREAS**, tickborne illnesses can be prevented by staying in the center of wooded paths, wearing light-colored, long-sleeved clothing, using an EPA-approved insect repellent, performing daily tick checks, and properly removing ticks; and

**WHEREAS**, public awareness and education are necessary to help reduce tickborne illnesses in Maine by promoting awareness of Lyme disease, other tickborne illnesses, and the regular use of prevention measures, as illustrated by the 2026 theme "Tick Free Zone"; and

**WHEREAS**, in accordance with 1 MRSA § 150-E, the State of Maine designates the month of May each year as Lyme Disease Awareness Month;

**NOW, THEREFORE**, be it resolved that I, Janet T. Mills, Governor of the State of Maine, do hereby proclaim May 2026 as

## Lyme Disease Awareness Month

in Maine, and I urge all citizens to become aware of the steps that can be taken to reduce the risk of tickborne illnesses.



In testimony whereof, I have caused  
the Great Seal of the State to be  
hereunto affixed GIVEN under my  
hand at Augusta this twenty third day of  
April Two Thousand Twenty-Six

A blue ink signature of Janet T. Mills, written in a cursive style.

Janet T. Mills  
Governor

A blue ink signature of Shenna Bellows, written in a cursive style.  
Shenna Bellows  
Secretary of State