Lyme Disease

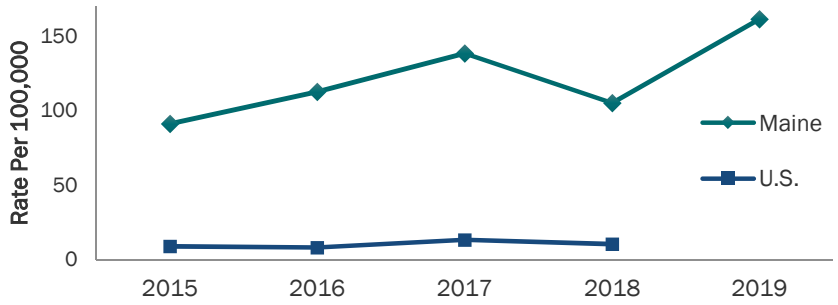
Maine Surveillance Report | 2019

Case Information:

2167
Confirmed and probable cases of Lyme disease

161.2
Cases per 100,000 people

54%
Increase from 2018



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

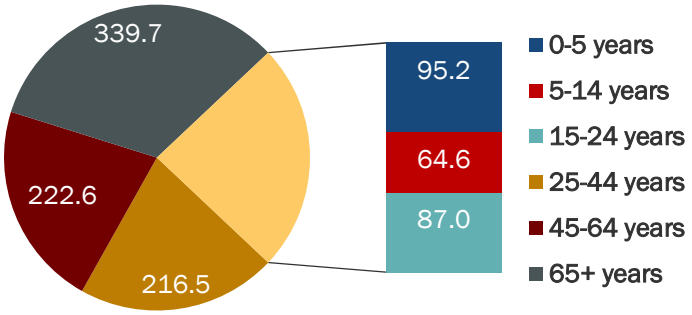
<1% reported cardiac symptoms

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



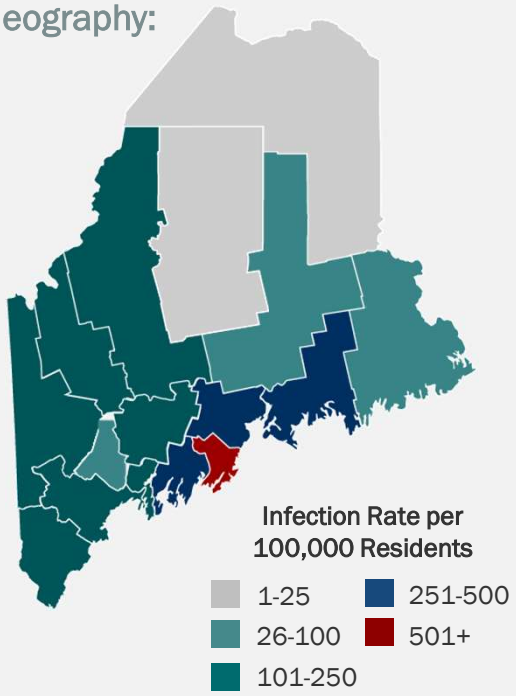
Demographics:

56% of patients were male

Median age of 56
Age range of 1-95 years

86% of patients were White

Geography:



Trends:

- Highest number of Lyme disease cases reported in Maine in one year.
- Cases reported in all16 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