

Janet T. Mills  
Governor

Jeanne M. Lambrew, Ph.D.  
Commissioner



Maine Department of Health and Human Services  
Maine Center for Disease Control and Prevention  
11 State House Station  
286 Water Street  
Augusta, Maine 04333-0011  
Tel; (207) 287-8016; Fax (207) 287-9058  
TTY: Dial 711 (Maine Relay)

## Lyme Disease Awareness Month: Little Tick, Big Deal

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 “Little Tick, Big Deal.” Encourage clients to make tick bite prevention a big deal by:

- 1) Knowing tick habitat and using caution in areas where ticks may live.
- 2) Wearing light-colored clothing that covers arms and legs.
- 3) Using EPA-approved repellents such as: DEET, picaridin, IR3535, and oil of lemon eucalyptus on skin. Use permethrin on clothing.
- 4) Performing daily tick checks on ourselves, all family members, and any pets.
- 5) Showering after being in tick habitat.
- 6) Using 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 2,900 cases of Lyme disease in 2023 (data as of March 13, 2024). Providers also reported 777 cases of anaplasmosis, 195 cases of babesiosis, 14 cases of Hard Tick Relapsing Fever, and seven cases of Powassan virus disease (data as of March 13, 2023). Learn more about tickborne diseases in Maine at [www.maine.gov/dhhs/vectorborne](http://www.maine.gov/dhhs/vectorborne).