



Lyme Disease

Maine Surveillance Report | 2020

Case Information:

1127

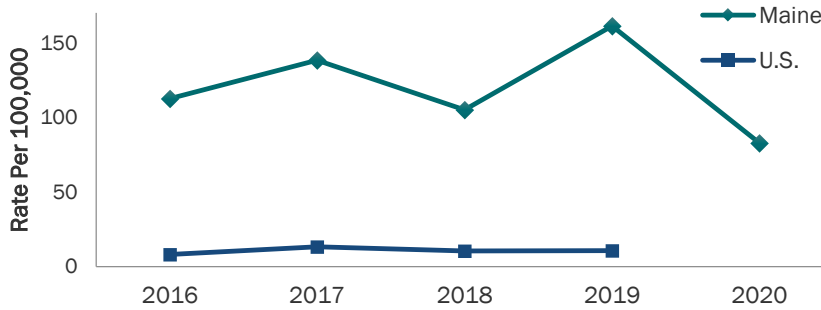
Confirmed and probable cases of Lyme disease

82.7

Cases per 100,000 people

48%

Decrease from 2019



Characteristics:



3% hospitalized

21% had a previous Lyme diagnosis

33% reported history of tick bite



2% co-infected with anaplasmosis

1% co-infected with babesiosis

0% co-infected with all three diseases



36% reported an EM (bullseye) rash

39% reported joint pain

11% reported neurologic symptoms

1% reported cardiac symptoms

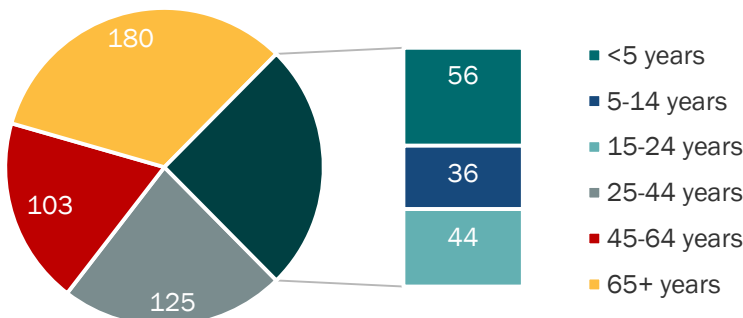


7% had spinal nerve or nerve root disease

4% had Bell's palsy or cranial nerve inflammation

1% had encephalitis/encephalomyelitis

Infection Rate by Age Group



Demographics:

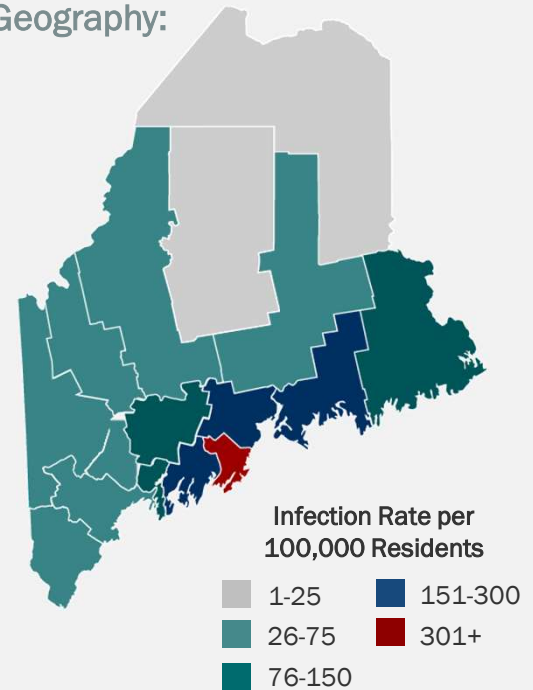


55% of patients were male

Median age of 54
Age range of 1-97 years

73% of patients were White

Geography:



Trends:

- Cases reported in all 16 counties.
- Highest infection rate in Knox County.
- Highest infection rate in 65+ age group.
- Lowest infection rate in 5-14 age group.

Prevention:

- **Wear light-colored clothing**, including long-sleeved shirts, long pants, and socks
- **Use EPA-approved repellents**
- **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