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Every year is a big year for tickborne diseases – this year is no exception.

Ticks are already out and active in Maine. Each year, Lyme disease and other tickborne diseases affect the lives of thousands of people in Maine. We need your help to spread the word about tickborne disease prevention. May is Lyme Disease Awareness Month (LDAM), which is the perfect time to spread the word about tick bite prevention!

The best way to prevent tickborne disease is to prevent tick bites. Tick activity is increasing as the weather warms. As a result, we all need to use proper protection methods against ticks and the germs they may carry every day. **This year's Lyme Disease Awareness Month theme is "Don't Let a Tick Make You Sick."**

Ways to stay tick free:

- **T: Take** and use an EPA-approved repellent. Use DEET, picaridin, IR3535 (Ethyl butylacetylaminopropionate), or oil of lemon eucalyptus on skin. Use permethrin on clothing only.
- **I: Inspect** your whole body for ticks daily and after outdoor activities. Check family members and pets too.
- **C: Cover** your skin with light-colored long sleeve shirts and pants. Tuck pants into socks.
- **K: Know** when you are in tick habitat and take precautions in areas where ticks may live.
- **S: Shower** when you get home to remove crawling ticks. Put clothes in the dryer on high heat for 15 minutes before washing to kill ticks on clothes.

Ways you can help people in Maine stay tick free:

- **Be social.** Do you have social media? Be part of the conversation! Visit www.maine.gov/lyme/month for pre-made images and content.
- **Share a newsletter.** Does your organization have a newsletter? Share tick bite prevention information! Visit www.maine.gov/lyme/month for messages to download and use.
- **Play a video.** Share one of Maine CDC's short educational videos, available [here](#).
- **Schedule a media interview.** At Maine CDC, we love to talk about how people can protect themselves from tickborne disease. If you are a member of the media, contact Lindsay Hammes at Lindsay.Hammes@maine.gov to schedule an **interview**.
- **Host a tick talk.** Want to share tickborne disease prevention info with your organization? Host a tick talk. Email disease.reporting@maine.gov to invite an epidemiologist to give a virtual or in-person presentation to your community or organization.
- **Put up a poster.** Visit www.maine.gov/dhhs/order to order free educational materials for tickborne disease prevention.

Find more information about LDAM and events around the state at www.maine.gov/lyme. If you use any of these resources and would like to be included on our website as a Lyme Disease Awareness Month partner, please email Megan Porter (megan.porter@maine.gov).

Thank you for helping us protect people in Maine from tickborne disease.