



BITE FREE, HEALTHY ME!

TICK-BORNE DISEASES IN MAINE

WHAT'S A TICK?

Ticks are small parasites that feed on blood by biting and attaching to a human or animal. The most common types of ticks found in Maine are blacklegged ticks or deer ticks, American dog ticks, and woodchuck ticks.

WHAT'S THE BIG DEAL ABOUT A TINY TICK?

A tick bite is no small thing. Ticks in Maine can carry tick-borne diseases. Deer ticks in Maine can cause Lyme Disease, Anaplasmosis, and Babesiosis, Hard tick relapsing fever, and Powassan virus encephalitis.

If bitten by an infected tick, kids and adults can become very sick, so it's important to take precautions to prevent tick bites.

If bitten, carefully remove the tick. Call your doctor if the tick is an engorged deer tick, or if you develop a rash, fever, or feel ill within several weeks of removing the tick.



WHEN AND WHERE TO BE ON THE LOOKOUT



All Maine residents and visitors are at risk of tick bites and tick-borne diseases, so everyone should take steps to prevent tick bites.

Tick exposure can occur year-round, but ticks are most active during early spring through late fall.

In Maine, ticks can be found in wooded areas and forest edges, brush and leaf litter, and grassy areas.

Take precautions to prevent tick bites while enjoying outside recreational activities, working outside and doing yard work.



The best way to prevent a tick-borne disease is to avoid getting a tick bite. Spending time outside is important for good mental and physical health, but make sure to take precautions to stay tick free!

