



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!





BITE FREE, HEALTHY ME!

MOSQUITO-BORNE DISEASES IN MAINE

MOSQUITOS AT A GLANCE

While there are over 45 species of mosquitos in Maine, only about half of those bite humans. Those that do bite and feed on human blood, often cause an itchy, irritating bite.

SOMETIMES A MOSQUITO BITE ISN'T JUST ITCHY...

Mosquitos can transmit mosquito-borne diseases like the West Nile Virus, Eastern Equine Encephalitis, and Jamestown Canyon virus.

While the risk of infection for humans in Maine is low, these diseases can make kids and adults severely ill and can even be fatal. It's important to take precautions against mosquito bites when possible.



WHEN AND WHERE TO BE ON THE LOOKOUT



Whether you live in the city, suburb, or rural area, it's important to take precautions against mosquito bites.

Wherever there is still or standing water, mosquitos are likely to be present, whether it's in a gutter, shallow pool, ditch or another source of still water. Limiting standing water on your property can help decrease mosquito exposure.

Taking precautions **from dusk to dawn and on overcast days when mosquitos are most active** can help reduce risk.

The best way to prevent against mosquito-borne illnesses is to prevent a mosquito bite. Wearing long sleeved clothing, using insect repellent, limiting standing water on your property and taking other preventative measures can help reduce risk.

