



# Lyme Disease

Maine Surveillance Report | 2021

## Case Information:

**1510**

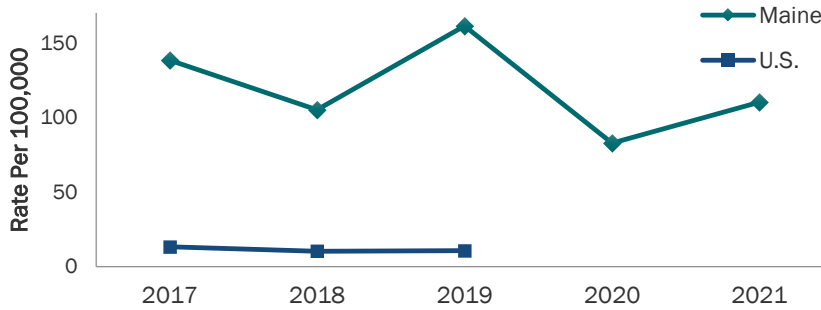
Confirmed and probable cases of Lyme disease

**110.0**

Cases per 100,000 people

**34%**

Increase from 2020



## Characteristics:



**2%** hospitalized

**16%** had a previous Lyme diagnosis

**38%** reported history of tick bite



**3%** co-infected with anaplasmosis

**2%** co-infected with babesiosis

**0%** co-infected with all three diseases



**47%** reported an EM (bullseye) rash

**32%** reported joint pain

**9%** reported neurologic symptoms

**1%** reported cardiac symptoms

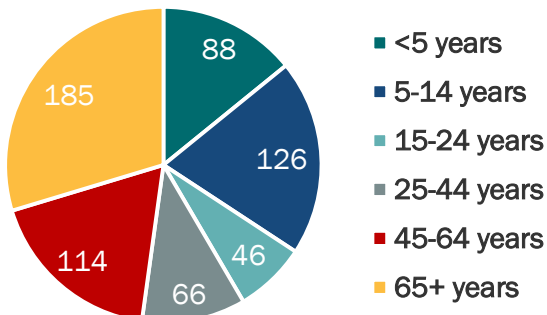


**5%** had spinal nerve or nerve root disease

**4%** had Bell's palsy or cranial nerve inflammation

**<1%** had encephalitis/encephalomyelitis

## Infection Rate by Age Group



## Demographics:

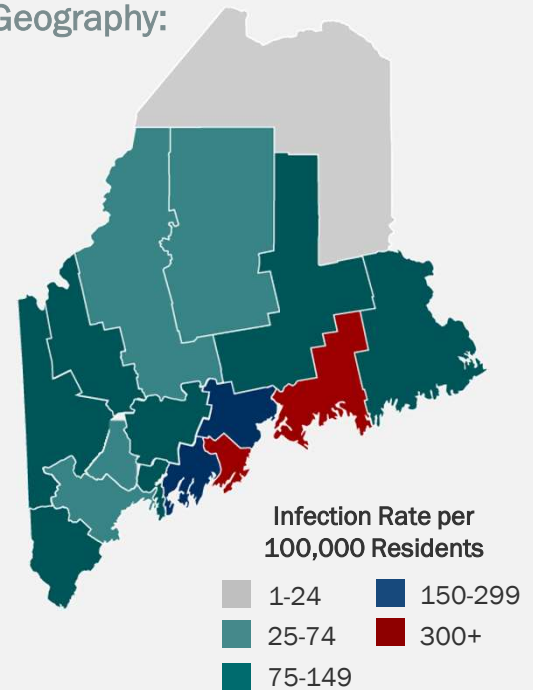


55% of patients were male

Median age of 57  
Age range of 1-96 years

79% 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 15-24 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 a provider** if symptoms develop

## For more information visit:

- [www.maine.gov/Lyme](http://www.maine.gov/Lyme)
- [www.cdc.gov/Lyme](http://www.cdc.gov/Lyme)