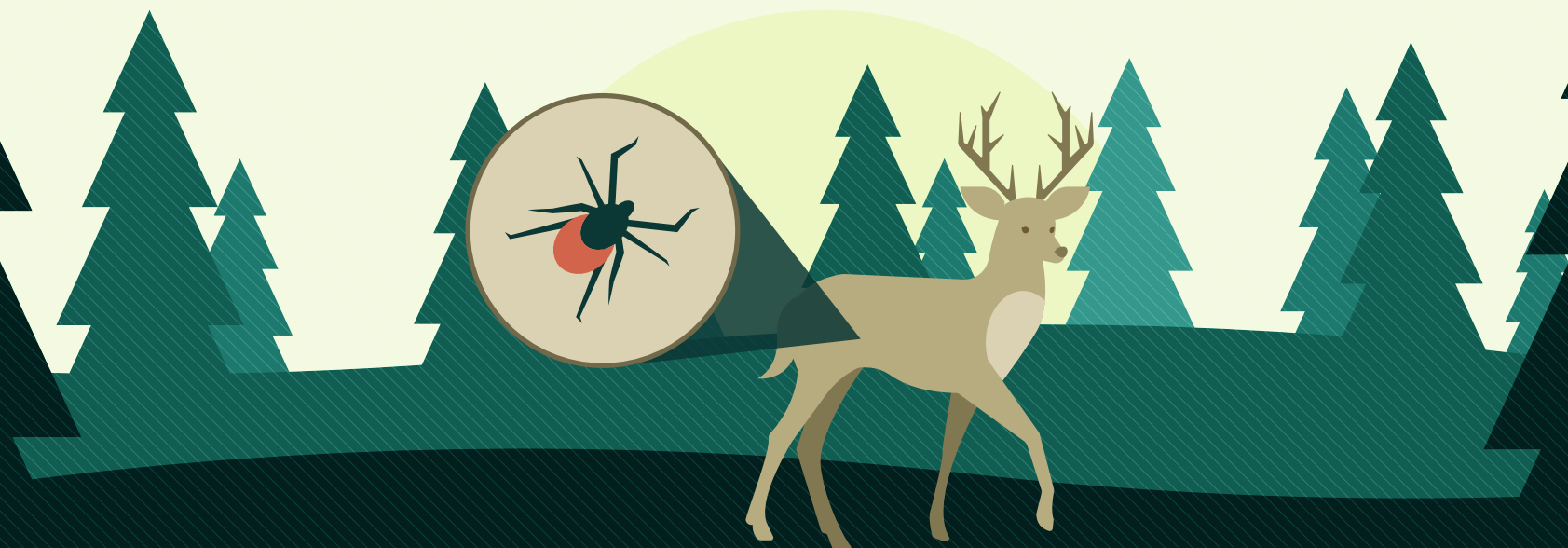


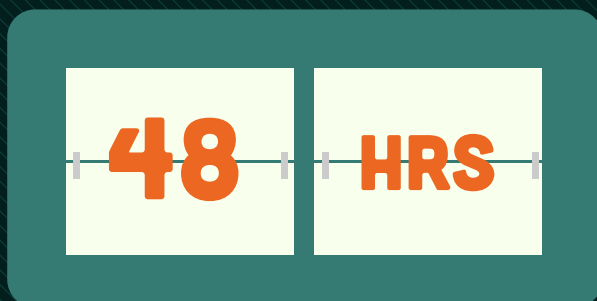
LYME DISEASE

IN THE STATE OF MAINE



HOW DO YOU CONTRACT LYME DISEASE?

Lyme Disease is spread through the bite of **infected ticks**.¹



In most cases, the tick must be attached for **36 to 48 hours** before the bacterium can be transmitted.¹



Most of us are infected through the bites of immature ticks because they are **extremely small and difficult to discover**.¹

HOW CAN YOU PROTECT YOURSELF?



Use a repellent on your clothes and skin that contains 20 percent or more DEET, picaridin, or IR3535.²



Perform daily tick checks on yourself and your children, paying extra attention to the highlighted parts of the body.

Visit lymediseaseinmaine.com to learn more

 Brought to you by owlsheadsolutions.com

1. "Transmission." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 4 Mar. 2015, www.cdc.gov/lyme/transmission/index.html.
2. "CDC Features." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 1 May 2017, www.cdc.gov/features/lymedisease/index.html.