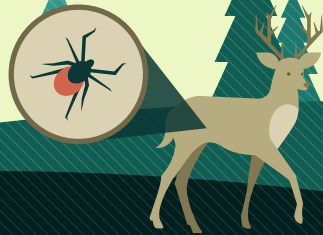


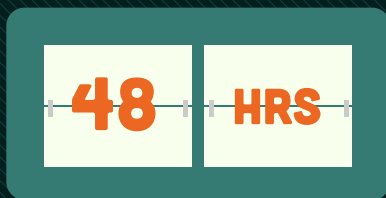
LYME DISEASE

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



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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.