



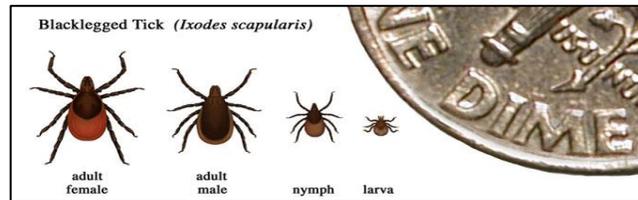
## Lyme Disease Fact Sheet

### Lyme disease overview

Lyme disease is the most common tick-borne disease in Maryland and the United States. It is caused by the bacterium *Borrelia burgdorferi* and transmitted by the bite of an infected black-legged tick (deer tick). Common symptoms of Lyme disease include fever, headache, fatigue, and a skin rash called erythema migrans (bull's eye rash). If untreated, infection can spread to joints, the nervous system, and the heart. Prompt treatment (within 6 weeks of the bite) of Lyme disease with appropriate antibiotics can reduce the long-term health effects of the disease. A small percentage of individuals who receive proper treatment may experience continued symptoms now recognized by the Centers for Disease Control and Prevention (CDC) as Post-Treatment Lyme Disease Syndrome (Centers for Disease Control and Prevention).

### How Lyme disease is spread

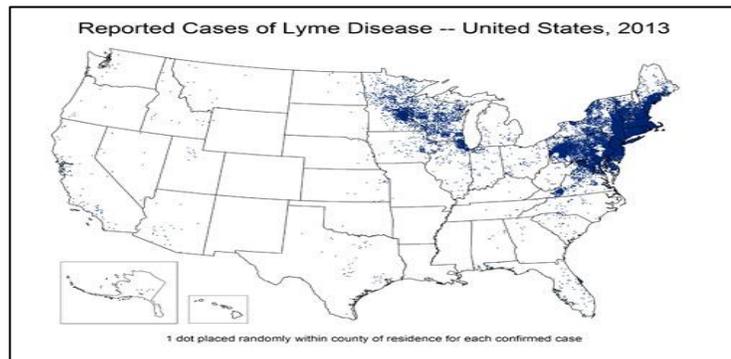
Lyme disease is spread through the bite of infected ticks. Ticks can attach to any part of the human body and are often found in hard-to-see areas such as the groin, armpits, and scalp. In most cases, a tick must be attached for 36 to 48 hours or more for transmission to occur. Most people are infected through the bites of immature ticks called nymphs. Nymphs are tiny (less than 2 mm) and difficult to see. Nymphs feed during the spring and summer months. Adult ticks can also transmit Lyme disease, but are larger and more likely to be found before they have had time to transmit the bacteria. Adult ticks are most active during cooler months.



Black-legged ticks search for host animals from leaf litter on the forest floor or from the tips of grasses and shrubs. Ticks crawl onto animals or people as they brush against them. The risk of exposure to ticks is highest in the woods and in the area between a person's lawn and the woods. Ticks may also be carried by animals and pets into a person's lawn, garden, or house. People who spend time in heavily wooded areas where ticks are infected with Lyme disease are at higher risk for exposure (Centers for Disease Control and Prevention).

### Where Lyme disease is found

Nationally, cases of Lyme disease are heavily concentrated in the Northeast and upper Midwest. In 2013, Maryland was one of 14 states in which 95% of confirmed Lyme disease cases were reported from. Cecil County is considered to be an area of high Lyme disease incidence (Centers for Disease Control and Prevention).



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CECIL COUNTY HEALTH DEPARTMENT TOLL FREE..... 877-334-9985

## Lyme disease in Cecil County and Maryland

From 2010 to 2014 there were 7,186 confirmed and probable cases of Lyme disease in Maryland, of which 416 were in Cecil County. For Maryland, the incidence of confirmed and probable Lyme disease cases decreased from 28.0 cases per 100,000 population in 2010 to 23.0 cases per 100,000 population in 2015, a 17.9% decrease in incidence. Over this same period of time the incidence of confirmed and probable Lyme disease cases in Cecil County decreased by 41.5%, from 111.8 cases per 100,000 population in 2010 to 65.4 cases per 100,000 population in 2014. Although the incidence of Lyme disease in Cecil County reduced by over 2.3 times that of the State average, Cecil County remains an area of high Lyme disease incidence.

Lyme Disease Confirmed and Probable Cases and Case Rates per 100,000 Population, 2010-2014										
	2010		2011		2012		2013		2014	
	Cases	Rates								
<b>Cecil County</b>	113	111.8	91	89.5	86	84.6	59	57.8	67	65.4
<b>Maryland</b>	1617	28.0	1351	23.4	1651	28.1	1194	20.1	1373	23.0

Data sources: National Electronic Disease Surveillance System (NEDSS) database. Maryland Department of Health and Mental Hygiene, Prevention and Health Promotion Administration.

## What you can do to prevent Lyme disease

- **Avoid tick-infested areas.** Ticks are most active in the late spring through early fall. When hiking, you should walk in the center of the trail and avoid overgrown grass, brush, and leaf litter at the edge of the trail.
- **Use Insect Repellent.** Use insect repellent containing DEET on clothes and exposed skin. You can also treat clothes with the insecticide *permethrin*.
- **Wear appropriate clothing.** Wearing long pants and long sleeves helps to keep ticks off of your body. Tucking shirts into pants and pants into socks helps to keep ticks on the outside of clothing. Light colored clothing also makes ticks easier to spot.
- **Check for ticks daily.** Always check for ticks after being outdoors, even in your own yard. Remember to check your children and pets after they have been outside.
- **Protect your pets.** Talk to your veterinarian about tick control products for pets.

More information about Lyme disease is available through the Cecil County Health Department (<http://www.cecilcountyhealth.org/ccdhxx/ccdhLyme.htm>), Maryland Department of Health and Mental Hygiene (<http://phpa.dhmf.maryland.gov/OIDEOR/CZVBD/SitePages/lyme-disease.aspx>), and the CDC (<http://www.cdc.gov/lyme/index.html>).



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