

Janet T. Mills
Governor



Jeanne M. Lambrew, Ph.D.
Commissioner

Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention
11 State House Station
286 Water Street
Augusta, Maine 04333-0011
Tel; (207) 287-8016; Fax (207) 287-9058
TTY: Dial 711 (Maine Relay)

Lyme Disease Awareness Month is here again! The 2020 theme this May is “Tick Tock.” The easiest way to avoid tickborne diseases is prevention, including: wearing light-colored clothing that covers arms and legs, using an EPA-approved repellent, and performing frequent tick checks on yourself and pets during and after any outdoor activity. Visit www.maine.gov/lyme for more information about tickborne disease and how you can participate in Lyme Disease Awareness Month!