

# Anaplasmosis

## Fact Sheet

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Anaplasmosis is an illness caused by the bacteria *Anaplasma phagocytophilum*. It is spread by the bite of an infected *Ixodes scapularis* tick (also called the deer tick).



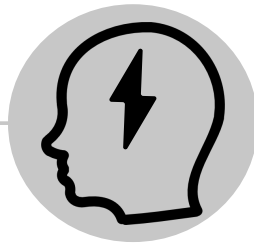
Anyone can get anaplasmosis, but people who spend time outdoors are at the highest risk.

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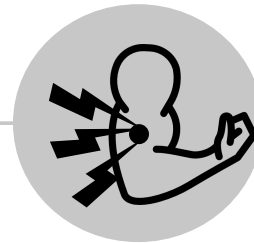
## Common Signs and Symptoms



Fever and Chills



Headache



Muscle Pain

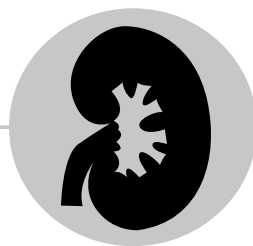


Nausea and Abdominal Pain

## More Severe Signs and Symptoms



Difficulty Breathing



Kidney Failure



Neurologic Problems

Symptoms range from mild to severe. Very few people experience **ALL** of these symptoms.

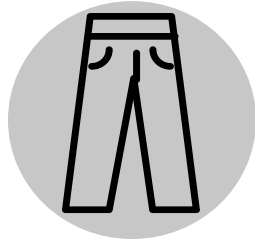
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Talk to your doctor if you have any of these signs or symptoms after being bitten by a tick. Anaplasmosis is diagnosed based on signs and symptoms and confirmed through blood tests. It is treated with antibiotics.

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# Preventing Tick Bites



Wear light-colored, long-sleeved clothing and pants. Tuck your pants into your socks.



Use an EPA-approved bug spray.



Rake your leaves and keep your lawn mowed.



Do daily tick checks and check your pets too.

## Safe Tick Removal



Use a tick spoon or fine-tipped tweezers to remove a tick.

-Using tweezers, grab the tick by its mouth and use firm, steady pressure to pull the tick out. Do not use twisting motions.

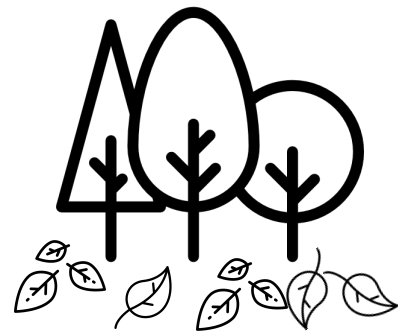
-Using a tick spoon, line the notch of the spoon up with the head of the tick and gently scoop.

Do not use nail polish, matches, or petroleum jelly to remove the tick. These methods increase the risk of localized skin infection.

## Where are Deer Ticks Found in Maine?

Deer ticks, which can carry the bacteria that cause anaplasmosis, are found everywhere in Maine. Areas where deer ticks live include:

- Wooded or forested areas
- Wild, unmaintained landscapes with high grass
- Brush or leaf piles



Ticks are active at any temperature above freezing.

## For More Information, Visit:



1. [www.maine.gov/dhhs/anaplasmosis](http://www.maine.gov/dhhs/anaplasmosis)
2. [www.maine.gov/dhhs/tickfaq](http://www.maine.gov/dhhs/tickfaq) (For frequently asked tick questions)
3. [www.cdc.gov/anaplasmosis](http://www.cdc.gov/anaplasmosis)
4. [www.ticks.umaine.edu](http://www.ticks.umaine.edu) (To submit a tick for identification)
5. [www.epa.gov/insect-repellents/find-repellent-right-you](http://www.epa.gov/insect-repellents/find-repellent-right-you) (For EPA approved repellents)

You can also call Maine CDC at 1-800-821-5821.