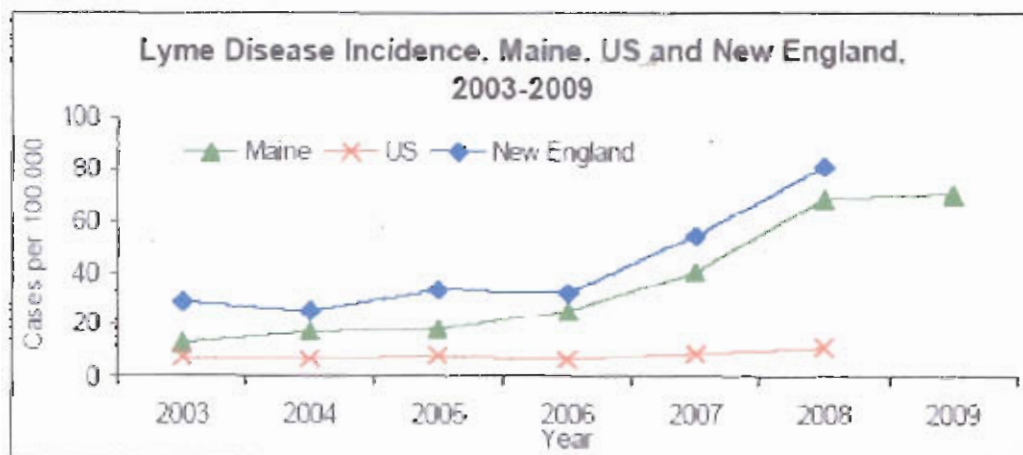


This is a reminder that although the late summer days and early fall months are truly special, health concerns for outdoor activities do exist and everyone should be well informed. Of particular concern are both Lyme Disease and Eastern Equine Encephalomyelitis as the case numbers of both these diseases actually peak at this time. I have included information here from the Maine Center for Disease Control that I hope will position you to appreciate the concern and then take appropriate action to protect you and your family.

Lyme Disease: Lyme Disease is a tick borne disease with variable dermatologic, rheumatologic, neurologic and cardiac manifestations. It is caused by a type of bacteria named "Borellia burgdorferi" that is carried by infected deer ticks. Transmission occurs when an individual has an infected deer tick named "Ixodes scapularis" attached and feeding for 24 to 48 hours. Early clinical indication for the disease is an initial skin lesion commonly referred to as the "bull's eye" rash or erythema migrans (EM) which occurs in 70 to 80 % of the cases 3 to 30 days after the tick bite. Untreated infections can lead to late manifestations in the joints, heart and/or nervous system. Late manifestations include arthritis characterized by recurrent brief attacks of joint swelling: lymphocytic meningitis: cranial neuritis (such as Bell's palsy): encephalitis: and second or third degree heart block.



County	Cases	Rate	Percentage
Androscoggin	56	52.4	5.8
Aroostook	7	9.8	0.7
Cumberland	276	100.0	28.5
Franklin	15	50.2	1.5
Hancock	34	64.0	3.5
Kennebec	99	81.8	10.2
Knox	69	169.6	7.1
Lincoln	45	130.0	4.6
Oxford	15	26.4	1.5
Penobscot	8	5.4	0.8
Piscataquis	2	11.8	0.2
Sagadahoc	51	140.4	5.3
Somerset	6	11.7	0.6
Waldo	19	49.6	2.0
Washington	4	12.3	0.4
York	264	130.9	27.2
Total	970	73.7	100

Eastern Equine Encephalomyelitis:

Although there are no current cases of equine encephalomyelitis reported at this time, the late summer and early fall are typically when cases are observed. Below are suggestions that you may undertake so as to reduce mosquito activity around your household and thereby reduce the risk of exposure to you and your family.

Personal Protection

The majority of arboviruses (Eg. West Nile virus or Eastern Equine Encephalitis virus) are spread primarily by the bite of a mosquito. Due to this fact it is important that all Maine citizens take necessary precautions when outside to protect both themselves and their family members.

While it is not necessary to limit any outdoor activities, unless there is evidence of mosquito-borne disease in your area, you can always help to reduce your risk of mosquito bites through personal protection:

- Avoid being outdoors during peak periods of mosquito activity, such as dawn and dusk.
- Wear shoes and socks, long pants and a long-sleeved shirt when outdoors for long periods of time.
- Consider using a mosquito repellent, according to directions on the label, when it is necessary to be outdoors when mosquitoes are most active.

Control mosquitoes in and around your home

Many mosquitoes need standing water to lay their eggs. To reduce the mosquito population in and around your home, reduce or eliminate all standing water:

- Dispose of tin cans, plastic containers, ceramic pots or similar water-holding containers.
- Remove all leaf debris and keep brush trimmed.
- Drill holes in the bottoms of all recycling containers that are kept outdoors.
- Make sure roof gutters drain properly, and clean clogged gutters in the spring and fall.
- Turn over plastic wading pools and wheelbarrows when not in use.
- Change the water in birdbaths frequently.
- Clean vegetation and debris from the edge of ponds.
- Clean and chlorinate swimming pools, outdoor saunas and hot tubs.
- Drain water from pool covers.
- Use landscaping to eliminate standing water that collects on your property.

For those whom are interested, more information in regard to Lyme Disease and Eastern Equine Encephalomyelitis can be found at the Maine Center for Disease Control and Prevention website (<http://www.maine.gov/dhs>).

Rabies:

Although the number of reported rabies case sometimes peak in the spring, rabies should never be considered a seasonal disease. The four species of animals (skunk, raccoon, bat, and fox) that account for nearly all cases of wildlife rabies are well represented in Maine and are as well living in many of our backyards whereby rabies is then a year long concern. Below is information from the Maine Center for Disease Control and Prevention that reports the number of confirmed cases and the county of occurrence for the time period of January 1, 20201 to June 30, 2010. For those whom are interested, more information in regard to rabies can be found at the Maine Center for Disease Control and Prevention website (<http://www.maine.gov/dhs>).

Table 1. Current quarter and year-to-date animal rabies by county, town and species in Maine – HETL, 2010

County	Town	Animal Species				Current Quarter Total (Apr 1-Jun 30)	Year-to-Date Total (Jan 1-Jun 30)
		Bat	Raccoon	Skunk	Other (Species)		
Androscoggin	Anburn	1					
	Lewiston			2			
	Turner			1		1	
Cumberland	Gray		1				
	New Gloucester			1			
	North Yarmouth		1				
	Portland		1				
	Scarborough				1 (Red Fox)		
	Westbrook				1 (Gray Fox)	4	
	Surry			1		0	
Hancock	Hallowell			1		1	
	Manchester				1 (Gray Fox)		
Kennebec	Sidney		2				
	Vassalboro		1				
	Winslow				1 (Woodchuck)	4	
	Washington		1			0	
	Boothbay		1			1	
Knox	Bristol		1				
	Wiscasset		1			2	
	Buckfield				1 (Gray Fox)	1	
Oxford	Hebron				1 (Red Fox)	1	
	Hebron				1 (Red Fox)	2	
Penobscot	Bangor	1			1	1	
Somerset	Cornville		1				
	Madison		1				
	Norridgewock		1				
	Starks				1 (Red Fox)	1	
York	Hollis		1			4	
	Waterboro		1			0	
Species Total		2	15	6	7	14	30
Maine Total						14	30