



# Babesiosis

Maine Surveillance Report | 2019

## Case Information:

**138**

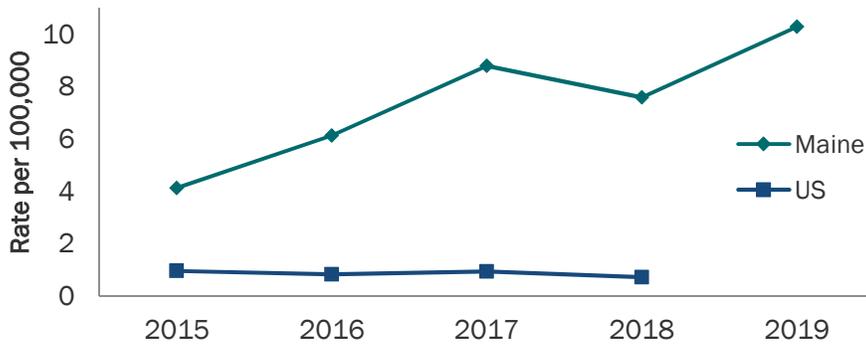
Confirmed and probable cases of babesiosis

**10.3**

Cases per 100,000 people

**37%**

Decrease from 2017



## Demographics:

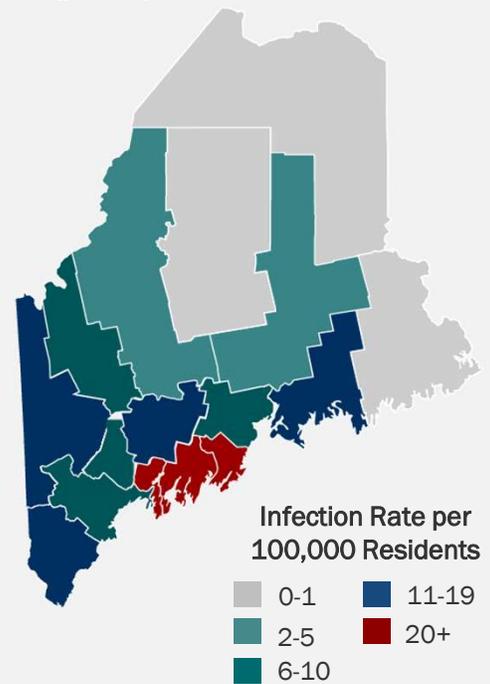


70% of patients were male

Median age of 65  
Age range of 3-102 years

94% of patients were White

## Geography:



## Characteristics:



**59%** reported an outdoor exposure

**15%** immune compromised

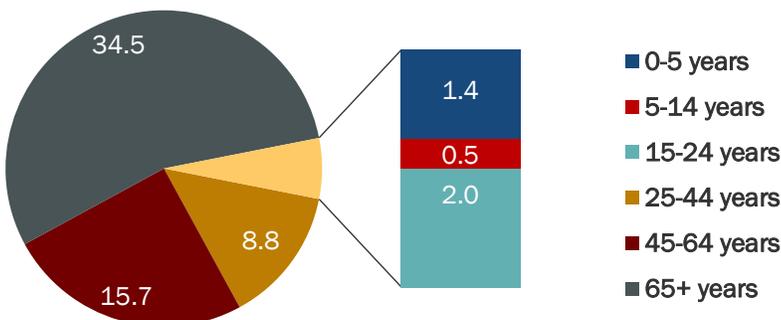
**14%** reported recent travel history



**24%** hospitalized

**43%** increase from 2018

## Infection Rate by Age Group:



## Trends:

- Highest number of babesiosis cases reported in Maine in one year.
- Cases reported in 13 out of 16 counties.
- Highest infection rate in Knox County.
- Highest infection rate in 65+ age group.
- Lowest infection rate in 5-14 age group.
- Most common symptoms reported are fevers, muscle aches, chills, and headaches, sweats, and joint pain.

## For more information visit:

- [www.maine.gov/dhhs/babesiosis](http://www.maine.gov/dhhs/babesiosis)
- [www.cdc.gov/babesiosis](http://www.cdc.gov/babesiosis)



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## Clinical Information:



**37%**  
reported history  
of tick bite

**13%**  
co-infected with  
Lyme disease

**4%**  
co-infected with  
anaplasmosis

**<1%**  
co-infected with all  
three diseases



**73%**  
reported a  
fever

**64%**  
reported  
muscle aches

**59%**  
reported  
chills

**59%**  
reported a  
headache



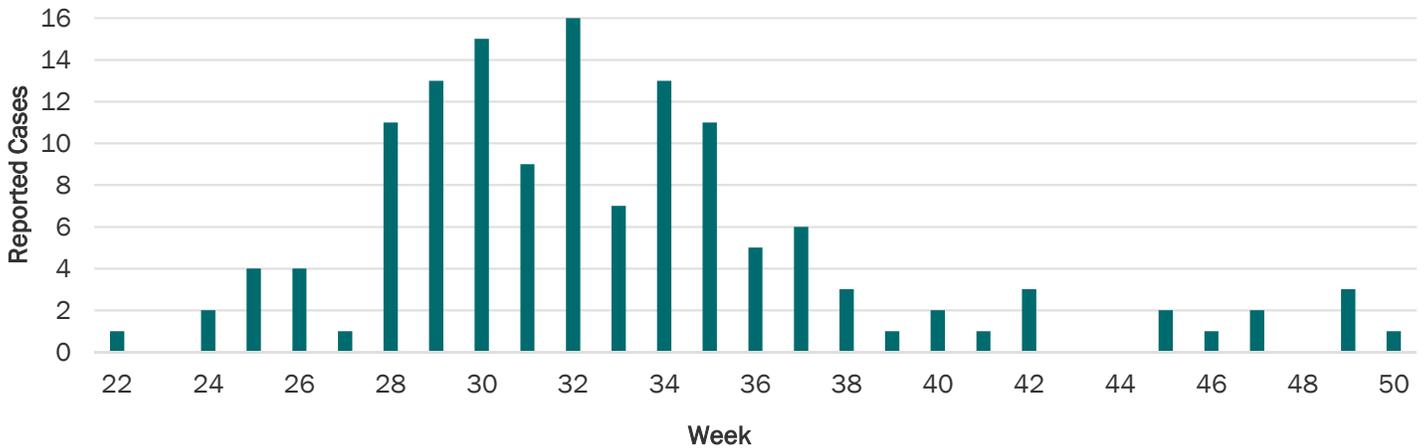
**42%**  
had low platelet  
counts

**12%**  
had low red  
blood cell counts

**51%**  
reported  
sweats

**46%**  
reported joint  
pain

## Weekly Distribution:



## Prevention:

**Wear light-colored clothing**, including long-sleeved shirts, long pants, and socks

**Use EPA-approved repellants** on skin and clothing

**Avoid infested areas** like wooded and brushy areas with high grass and leaf litter

**Do a full-body tick check** including your clothing and gear when coming back indoors

**Call your provider** if symptoms develop