

Tickborne Disease (TBD) Update, 2023

Key Updates and Recommendations:

- The risk for tickborne diseases (TBDs) is increasing as snow melts and ticks emerge (see CDC's [tick bite tracker](#)).
- Counsel patients about how to prevent tick bites:
 - Review "Prevention Messages for Patients" below
 - Review CDC's [Preventing Tick Bites](#) website and [Understanding Tick Bites and Lyme Disease](#) fact sheet
 - Refer patients to CDC's [Tick Removal and Testing](#) website
- Review CDC's updated 2022 tickborne diseases [Reference Manual for Healthcare Providers](#).
 - An erythema migrans (EM) rash is diagnostic of Lyme disease but can present in different forms: [The Many Forms of Lyme Disease Rashes](#)
- CDC offers [Tickborne Disease Continuing Education \(CE\)](#) on a variety of topics, including two new training modules:
 - [Diagnosis and Treatment of Ehrlichiosis and Anaplasmosis](#)
 - [Viral Tickborne Disease Training](#)

Background:

New Hampshire has local transmission of five tickborne diseases (TBDs): Lyme disease (*Borrelia burgdorferi*), anaplasmosis (*Anaplasma phagocytophilum*), babesiosis (*Babesia spp.*), *Borrelia miyamotoi*, and Powassan virus, all of which are transmitted by the bite of the blacklegged tick (*Ixodes scapularis*). Lyme disease accounts for a majority of all reports, but recent publication has highlighted the increase occurring in other TBDs like babesiosis ([MMWR 2023 March; 72\(11\):273-277](#)).

Prevention Messages for Patients:

- Avoid tick-infested areas when possible and stay on the path when hiking to avoid brush.
- Wear light-colored clothing that covers arms and legs so ticks can be more easily seen.
- Tuck pants into socks before going into wooded or grassy areas.
- Apply insect repellent (20-30% DEET) to exposed skin. Other repellent options may be found here: <https://www.epa.gov/insect-repellents/find-repellent-right-you>
- Permethrin is highly effective at repelling ticks on clothing; it is not meant for use on skin.
- Perform daily tick checks to look for ticks on the body, especially warm places like behind the knees, ears, groin, belly button, and the back and neck.
- Pets returning inside may also bring ticks with them. Performing tick checks and using tick preventatives on pets will minimize this occurrence.
- Encourage landscape or environmental management to reduce tick habitat and encounters.

- Shower soon after returning indoors to wash off any unattached ticks and check clothes for any ticks that might have been carried inside. Placing dry clothes in the dryer on high heat for ten minutes (one hour for wet or damp clothes) effectively kills ticks.
- Remove ticks promptly using tweezers. Tick removal within 36 hours of attachment can prevent Lyme disease, but transmission of other tick-borne diseases can occur with shorter periods of attachment time.
- Monitor for signs and symptoms of tickborne diseases for 30 days after a tick bite. Patients should contact their healthcare provider if symptoms develop.

Additional educational resources can be found here on the [NH DPHS Tickborne Diseases website](#).

Reporting Tickborne Diseases:

Clinicians should continue to report suspected and confirmed cases of all non-Lyme tickborne diseases to the Bureau of Infectious Disease Control by submitting a case report form or by calling 603-271-4496 (after hours 603-271-5300). Please use the new digital fax line to send TBD reports: 603-696-3017.

Use the following case report forms:

- Tickborne Rickettsial Diseases: https://www.cdc.gov/ticks/forms/Tick_TBRD_FILL_508.pdf
- Babesia: <https://www.cdc.gov/parasites/babesiosis/resources/50.153.pdf>
- Other non-Lyme tickborne diseases: <https://www.dhhs.nh.gov/dphs/cdcs/documents/diseasereport.pdf>

Additional Information and Resources:

Lyme disease

- CDC [Lyme Disease website](#)
- IDSA [2020 Guidelines for the Prevention, Diagnosis and Treatment of Lyme Disease](#)

Anaplasmosis

- CDC [Anaplasmosis website](#)
- CDC [Diagnosis and Management of Tickborne Rickettsial Diseases](#)

Babesiosis

- CDC [Babesiosis website](#)
- IDSA [2020 Guideline on Diagnosis and Management of Babesiosis](#)

Borrelia miyamotoi

- CDC [Borrelia miyamotoi website](#)

Powassan virus

- CDC [Powassan virus website](#)

- For any questions regarding this notification, please call the NH DHHS, DPHS, Bureau of Infectious Disease Control at (603) 271-4496 during business hours (8:00 a.m. – 4:30 p.m.).
- If you are calling after hours or on the weekend, please call the New Hampshire Hospital switchboard at (603) 271-5300 and request the Public Health Professional on-call.
- To change your contact information in the NH Health Alert Network, please send an email to DHHS.Health.Alert@dhhs.nh.gov or visit www.nhhan.org.

Status: Actual
Message Type: Alert
Severity: Moderate
Sensitivity: Not Sensitive
Message Identifier: NH-HAN 202304261
Delivery Time: 12 hours
Acknowledgement: No
Distribution Method: Email, Fax
Distributed to: Physicians, Physician Assistants, Practice Managers, Infection Control Practitioners, Infectious Disease Specialists, Community Health Centers, Hospitals, Hospital CEOs, Hospital Emergency Departments, EMS, Nurses, NHHA, Pharmacists, Laboratory Response Network, Manchester Health Department, Nashua Health Department, Public Health Networks, DHHS Outbreak Team, DPHS Investigation Team, DPHS Management Team, Northeast State Epidemiologists, Zoonotic Alert Team, Health Officers, Deputy Health Officers, MRC, NH Schools, EWIDS, Dialysis & Transplant Clinics, STD Clinics, Immunization Practices, Travel Centers, Influenza Sentinels, Urgent Care Centers, Ambulatory Surgical Centers, Walk-in Clinics, Poison Center, Alcohol and Other Drug Treatment Centers, Long-Term Care Facilities, Community Mental Health Centers, Health Departments, Internal Medicine, Occupational Health, Gastroenterology, Schools and Daycare Providers, Regional Public Health Networks, Environmental Services, Family Planning Programs, Department of Corrections, Home Care Providers, Local and State Partners, Area Agencies

From: Benjamin P. Chan, MD, MPH; State Epidemiologist
Originating Agency: NH Department of Health and Human Services, Division of Public Health Services

Attachments: None