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PUBLIC HEALTH ADVISORY

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Subject: **Health Risks from Browntail Moths**
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Health Risks from Browntail Moths

Background

The browntail moth is an invasive species of both forest and human health concern. Browntail moth (BTM) populations in Maine have been steadily decreasing over the past couple of years, but higher populations of browntail moth have been found in portions of Androscoggin, Cumberland, Hancock, and Oxford Counties this year. The microscopic hairs found on browntail moth caterpillars, shed skins, and cocoons can cause skin reactions and breathing problems. Providers should be aware of the risk of browntail moth hairs. Browntail moth caterpillars are hairy, dark brown caterpillars with two red-orange dots on the back. Older caterpillars have two broken white stripes running from head to tail.

Visit the Maine DACF [Knock Out Browntail pages](#) for information on the recognition, management, mapping, mitigation and regular situational updates about browntail moth caterpillars.



Browntail moth winter web with basking caterpillars (left), caterpillars (center) & cocoons (right)

Seasonality

This year, browntail moth caterpillars emerged from their winter webs later than in previous years and will be active from May to early July. Hairs from caterpillars, shed skins, and cocoons can become airborne and settle on vegetation and other surfaces. They can be stirred up during mowing, raking, sweeping, and other outdoor activities. Hairs remain toxic for 1-3 years in the environment but lose their toxicity over time.

Symptoms

Most individuals affected by the hairs develop a localized rash similar to poison ivy that will last for a few hours up to several days. In more sensitive individuals, the rash can be severe and last for weeks. Dislodged hairs can become airborne and cause trouble breathing, including respiratory distress, if inhaled. Symptoms result from both a chemical reaction to a toxin in the hairs and a physical irritation as the barbed hairs become embedded in the skin and airways.

Treatment

- Be aware of the risk of browntail moth hairs, particularly in areas with [known populations](#).
- There is no specific treatment for dermatitis due to browntail moths; treatment is focused on relieving symptoms and eliminating ongoing exposure.
- Mild rashes may be treated with calamine or Caladryl lotion, hydrocortisone cream, or taking a cool oatmeal or baking soda bath. Severe reactions may require prescription medication.
- The toxin in the hairs is extremely stable and can remain a hazard in the environment for years.

Prevention

- Avoid places heavily infested by caterpillars.
- Take cool showers and change clothes after any activity that may expose you to browntail moth hairs.
- In areas with current or recent browntail moth populations:
 - Dry laundry inside during June and July to avoid having the hairs embedded in clothing.
 - Cover your face and any exposed skin by wearing a long sleeve shirt, long pants, a dust mask, a hat, and a disposable coverall when performing activities that stir up caterpillar hairs such as mowing, raking, weed whacking, and removing pupal webbing.
 - Perform these tasks on damp days or spray down vegetation with a hose. The moisture helps keep the hairs from becoming airborne while working.

For more information:

- Contact 211 Maine for answers to frequently asked questions on browntail moths:
 - Dial 211 (or 207-874-2211)
 - Text your zip code to 898-211
- Maine CDC Browntail Moth Webpage: www.maine.gov/dhhs/browntailmoth
- Maine DACF Browntail Moth Webpage: www.maine.gov/dacf/knockoutbtm