



SPOTTED FEVER RICKETTSIOSIS (ROCKY MOUNTAIN SPOTTED FEVER) FACT SHEET

WHAT IS ROCKY MOUNTAIN SPOTTED FEVER?

Spotted fever group rickettsioses (spotted fevers) are a group of diseases caused by closely related bacteria. These bacteria are spread to people through the bite of infected mites and ticks. The most serious and commonly reported spotted fever group rickettsiosis in the United States is Rocky Mountain spotted fever (RMSF). RMSF cases occur throughout the United States, but are most commonly reported from North Carolina, Tennessee, Missouri, Arkansas, and Oklahoma.

HOW DO YOU GET ROCKY MOUNTAIN SPOTTED FEVER?

It is spread by several species of ticks in the United States.

SYMPTOMS

Rash is a common sign in people infected with RMSF. Rash usually develops 2 to 4 days after the fever begins. Some rashes can look like red splotches and some look like pinpoint dots. Other symptoms may include:

Fever	Vomiting
Headache	Stomach pain
Rash	Muscle pain
Nausea	Lack of appetite

TREATMENT

Early treatment with doxycycline (an antibiotic) can prevent severe illness.. Discuss treatment options with your doctor.

PREVENTION

Ticks live in grassy, brushy, or wooded areas, or even on animals. Prevent illness by preventing tick bites. During outdoor activities in tick habitats:

Walk on cleared trails
Wear long pants and a long-sleeved shirt to minimize the amount of exposed skin
Wear light colored clothing to make it easier to see and remove ticks

TREAT clothing or skin with repellents.
INSPECT yourself, clothing and gear for ticks.
CLEAN & disinfect any area where a tick was removed.
KEEP record of the date the tick was removed.
SHOWER as soon as possible after coming indoors.

DGHD EFFORTS

Reports of suspected and confirmed cases of disease are made to the Delaware General Health District (DGHD). The DGHD investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.