



ANAPLASMOSIS FACT SHEET

WHAT IS ANAPLASMOSIS?

Anaplasmosis is a tickborne disease caused by the bacteria *Anaplasma phagocytophilum*.

HOW DO YOU GET ANAPLASMOSIS?

In the United States, the bacteria is carried by the blacklegged tick (*Ixodes scapularis*) and the western blacklegged tick (*Ixodes pacificus*). Anaplasmosis infections are most commonly reported in Northeastern and upper Midwestern states. Anyone who lives in or travels to locations with a high tick population is at risk. In rare cases, Anaplasmosis has been spread with blood transfusions.

SYMPTOMS

Signs and symptoms of Anaplasmosis typically begin within 1-2 weeks after the bite of an infected tick, however many people do not remember being bitten or seeing a tick on themselves. Tick bites are usually painless and can go unnoticed. Early symptoms can begin 1-5 days and are usually mild and may include fever, chills, severe headache, muscle aches, nausea, vomiting, diarrhea, and loss of appetite.

In rare cases, if treatment is delayed or there are other medical concerns, Anaplasmosis can cause severe illness. Severe symptoms include respiratory distress, bleeding problems, and organ failure. Risk factors for severe infection include delayed treatment, older age, and a weakened immune system.

TREATMENT

If you feel you are experiencing symptoms and have been to areas that have a high tick population, please speak with your healthcare provider. The antibiotic Doxycycline is the recommended course of treatment for an Anaplasmosis infection for adults and children of all ages. Early treatment can prevent severe illness or death from an infection.

PREVENTION

If you are going to an area that has a high tick population or wooded or high brush area, please take the following precautions:

- Treat skin with an EPA approved repellent containing DEET, picardin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.
- Treat clothing and gear with products containing 0.5% permethrin.
- Inspect yourself, clothing, and gear for ticks when done in an area.
- Shower after coming indoors.
- Carefully remove ticks if found on skin and clean and disinfect area after removal. Keep a record of the date of when the tick was removed.

DPHD EFFORTS

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