

# Rocky Mountain Spotted Fever

Rocky Mountain spotted fever is a tick borne illness. It is caused by bacteria carried by ticks.

## Symptoms

- Symptoms of Rocky Mountain spotted fever occur 5 – 10 days after the tick bite.
- Initial symptoms include: fever, nausea, vomiting, severe headache, muscle pain and lack of appetite.
- Later symptoms include: rash, abdominal pain, joint pain and diarrhea.
- The rash appears 2 – 5 days after the onset of fever. It begins as small, flat, pink, non-itchy spots on the wrists, forearms and ankles. These spots turn pale when pressure is applied.
- The characteristic, spotted rash does not occur until the sixth day or later after symptoms occur.

## Prevention

- Wear light colored clothing so you can easily spot ticks before they become attached.
- Once you get home, inspect yourself carefully for ticks. Have someone else check areas like your back that you can not see easily.
- Spray clothing with an insect repellent that contains DEET.
- If you find a tick, don't panic. Removing it quickly can prevent disease transmission. The best way to remove a tick, is to grasp the tick with tweezers, as close to the skin as possible and pull it straight out. Then cleanse the area with disinfectant.
- If you become ill with a fever and a rash following a tick bite please consult a physician.