

## Anaplasmosis & Ehrlichiosis

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### About Anaplasmosis & Ehrlichiosis

Anaplasmosis is a disease caused by the bacterium *Anaplasma Phagocytophilum*.

Ehrlichiosis describes a number of bacterial diseases caused by different species of Ehrlichia bacteria: *E. chaffeensis*; *E. ewingii*; and *E. muris-like (EML)*.

The majority of cases of Anaplasmosis and Ehrlichiosis occur between May and September

### Signs and Symptoms

The incubation period of Anaplasmosis ranges from 7-14 days; signs and symptoms include:

- Fever
- Chills
- Headache malaise
- Myalgia
- Nausea and abdominal pain
- Coughing
- Confusion

The incubation period of Ehrlichiosis ranges from 7-21 days; signs and symptoms include:

- Fever
- Headache
- Chills
- Malaise
- Nausea, vomiting
- Myalgia
- Confusion
- Conjunctivitis

Children may develop a rash, and adults with severe infection can develop cough, diarrhea, anemia, thrombocytopenia and leukopenia

If you have symptoms, call your healthcare provider.

### Transmission (How it spreads)

Anaplasmosis is spread by the bite of an infected tick; the most common tick that transmits disease is the black legged deer tick (*Ixodes scapularis*)

Ehrlichiosis is spread by the bite of an infected tick; most commonly the lone star tick (*Amblyomma americanum*), and the black legged deer tick (*Ixodes scapularis*)

The ticks acquire the bacteria after feeding on wild deer, elk or rodents.

### Diagnosis and Treatment

Blood tests must be ordered to determine if bacteria are present leading to illness

Broad spectrum antibiotics like tetracycline (Ehrlichiosis) or doxycycline (Anaplasmosis and Ehrlichiosis) are effective treatments

### Prevention:

- Use of EPA-registered insect repellent (i.e.) Off!, Cutter, Sawyer, Skin So Soft; the use of insect repellent while pregnant is safe and poses no adverse risk to the unborn child
- Wear long sleeve shirts and long pants
- Avoid bushy and wooded areas
- Perform thorough tick checks after spending time outdoors and shower immediately