

WHAT YOU NEED TO KNOW ABOUT ANAPLASMOSIS

WHAT IS ANAPLASMOSIS?

- Anaplasmosis is a disease caused by bacteria (a type of germ)
- The bacteria that cause anaplasmosis in people are called *Anaplasma phagocytophilum*. The bacteria are spread through the bite of an infected blacklegged tick.



SIGNS AND SYMPTOMS

Symptoms usually begin 1-2 weeks after a bite from an infected tick



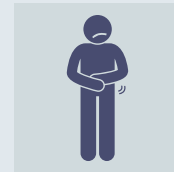
Fever, chills



Severe headache



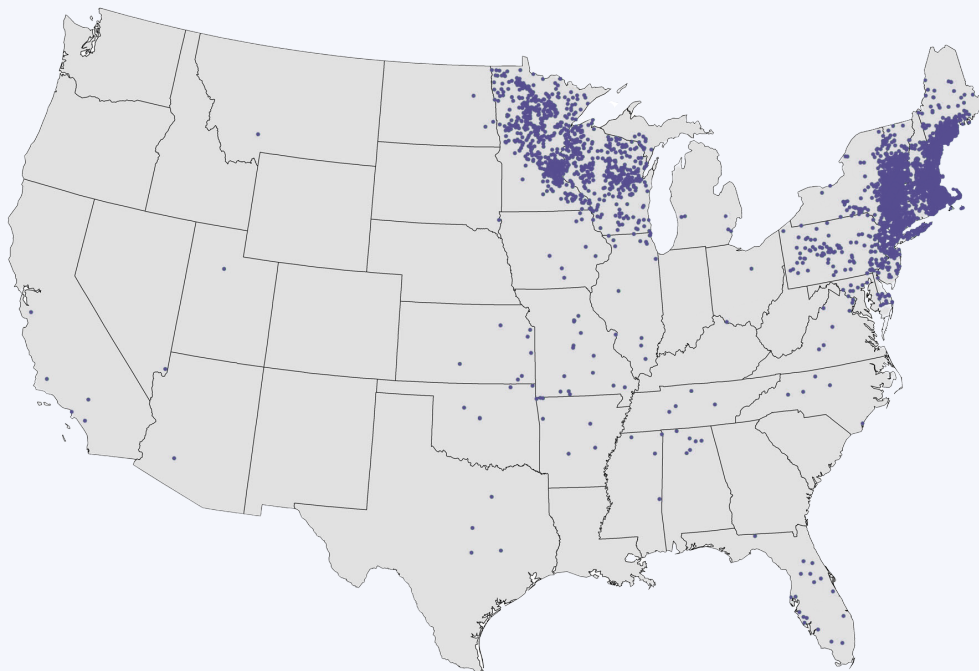
Muscle aches



Nausea

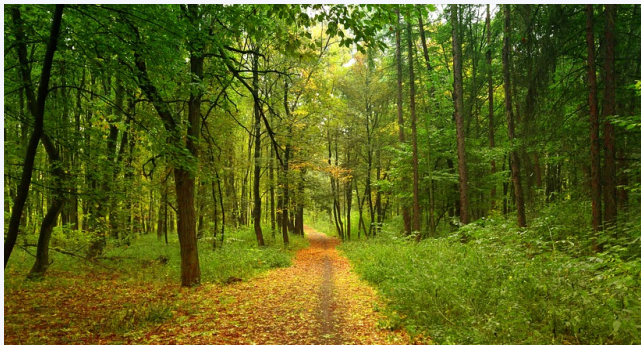
WHERE IS ANAPLASMOSIS MOST COMMON?

Each dot represents one reported case of anaplasmosis in 2018



Anaplasmosis is becoming more common in the Mid-Atlantic and Midwestern regions

HOW TO PROTECT YOURSELF



Blacklegged ticks live in leafy and brushy areas, often near the edges of trails

WHEN GOING OUTDOORS...



- Use EPA-registered insect repellents
- Use 0.5% permethrin on your clothes and shoes
- Always follow the label instructions

CHECK FOR TICKS

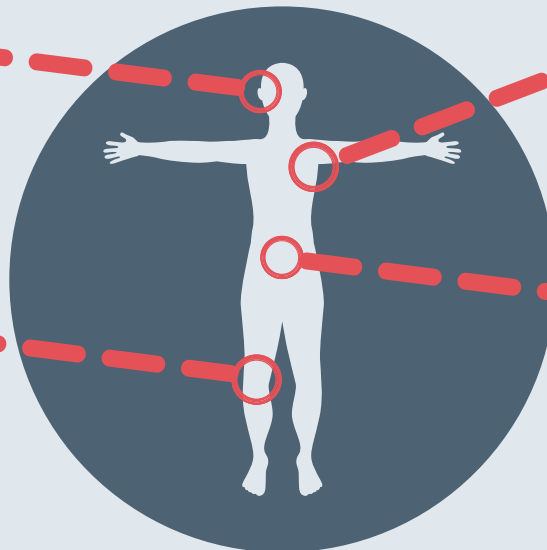
Check your clothing and body for ticks, including...

In and around the ears

Under the arms

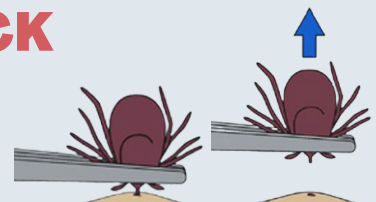
Behind the knees

Around the bellybutton and private areas



HOW TO REMOVE A TICK

- 1 Use clean tweezers and pinch the tick close to the skin
- 2 Pull up with steady pressure; do not twist or pull up too fast
- 3 After removing the tick, clean area with soap and water



See your healthcare provider if you develop a fever or rash in the 2 weeks following a tick bite. Be sure to tell them about recent tick bites.



For more information about anaplasmosis, visit the [CDC Website](https://www.cdc.gov)

For more information about insect repellents, see the NEVBD [Insect Repellent Guide](#)