



TICK-BORNE RELAPSING FEVER

WHAT IS TICK-BORNE RELAPSING FEVER?

TICK-BORNE RELAPSING FEVER (TBRF) IS AN INFECTION SPREAD BY A LOUSE OR TICK.

WHO GETS TBRF?

TBRF CAN AFFECT PEOPLE OF ANY AGE. IN THE UNITED STATES, TBRF MOST OFTEN OCCURS AFTER STAYING IN A RUSTIC CABIN WHERE RODENTS HAVE MADE THEIR NEST. TICKS CAN BE ACTIVE ANY TIME THE TEMPERATURE IS ABOVE FREEZING.

WHAT CAUSES RELAPSING FEVER?

TBRF IS CAUSED BY A BITE BY A TICK OR LOUSE THAT IS INFECTED WITH ONE OF TWO SIMILAR BACTERIA IN THE *Borrelia* FAMILY: *Borrelia recurrentis* AND *Borrelia duttoni*. THE TICKS ARE NOT COMMON TYPES, SUCH AS DEER OR WOOD TICKS. THEY ARE USUALLY FOUND IN RODENT OR BIRD NESTS.

WHAT ARE THE SYMPTOMS OF TICK-BORNE RELAPSING FEVER?

SYMPTOMS INCLUDE SUDDEN CHILLS FOLLOWED BY FEVER, HEADACHES, VOMITING, MUSCLE AND JOINT PAIN, A RASH, JAUNDICE, ENLARGEMENT OF THE LIVER AND SPLEEN, HEART INFLAMMATION AND HEART FAILURE.

HOW IS RELAPSING FEVER TREATED?

TBRF IS TREATED WITH MEDICATION.

WHAT ARE THE COMPLICATIONS?

COMPLICATIONS INCLUDE SEIZURES, WEAKNESS, AND FACIAL DROOP, MENINGITIS, PNEUMONIA, WIDESPREAD BLEEDING, AND DEATH CAN OCCUR FROM TBRF.

WHAT CAN BE DONE TO PREVENT TBRF?

WHEN IN TICK-INFESTED HABITATS - WOODED AND GRASSY AREAS - TAKE SPECIAL PRECAUTIONS TO PREVENT TICK BITES, SUCH AS WEARING LIGHT-COLORED CLOTHING FOR EASY TICK DISCOVERY AND TUCKING PANTS INTO SOCKS AND SHIRT INTO PANTS. CHECK AFTER EVERY TWO TO THREE HOURS OF OUTDOOR ACTIVITY FOR TICKS ON CLOTHING OR SKIN. BRUSH OFF ANY TICKS ON CLOTHING BEFORE SKIN ATTACHMENT OCCURS. REPELLENTS CAN BE EFFECTIVE AT REDUCING BITES FROM TICKS THAT CAN TRANSMIT DISEASE.