

WHAT IS ROCKY MOUNTAIN SPOTTED FEVER (RMSF)?

Rocky Mountain spotted fever (RMSF) is an illness spread through the bite of an infected tick. If not treated early, RMSF can be very serious and even deadly.

RMSF cases have recently become more common in the Choctaw Nation and various regions of the United States. The American Dog Tick and Brown Dog Tick are believed to carry RMSF most prevalently within the Choctaw Nation.

Brown dog ticks like to feed on dogs. Wherever dogs are or have been, ticks may be found.

WHO IS AT RISK FOR RMSF?

Anyone who lives or spends time in areas with ticks or dogs is at risk for RMSF. These ticks often feed on dogs, so spending time with dogs that have ticks may put you at risk. Ticks can be very small, and tick bites are often painless.

You may not even know you have been bitten.



Choctaw Nation

Public Health

REMEMBER

ROCKY MOUNTAIN SPOTTED FEVER
CAN BE VERY SERIOUS AND EVEN
DEADLY IF NOT TREATED EARLY.

To Prevent RMSF:

- Check for ticks daily
- Treat your dogs to prevent ticks
- Use insect repellent containing 20-30% DEET when outside
- Treat your home and yard for ticks

If you get a fever or rash within two weeks of being around ticks, see your doctor immediately.

Scan the QR code
for more information



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DON'T GET SICK FROM A TICK!

FIGHT THE BITE AND PREVENT
ROCKY MOUNTAIN SPOTTED
FEVER (RMSF) IN CHOCTAW NATION



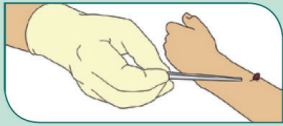
KEEP TICKS OFF YOU AND YOUR FAMILY:

Check for ticks daily. Here's how:

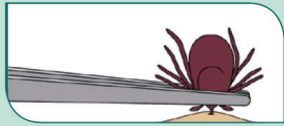
- In and around the hair
- Under the arms
- Between the legs
- In and around the ears
- Inside the belly button
- Back of the knees

If you find a tick, remove it as soon as possible. Kids, ask an adult for help!

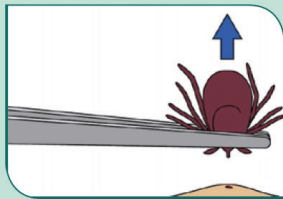
Here's the best way to remove a tick:



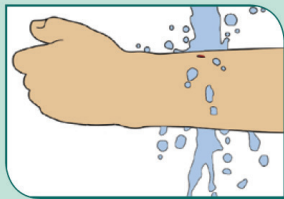
1 Use tweezers and protect bare hands with gloves or tissue, if possible.



2 Grab tick close to the skin.



3 Gently pull straight up until all parts of the tick are removed.



4 Wash bite with soap and water.

KEEP TICKS OFF YOUR DOGS:

- Dogs can be bitten by ticks and bring ticks into your home or yard. They can also get sick from RMSF.
- Check your dogs for ticks regularly. Ticks hide in dogs' ears, armpits and between their toes. If you find ticks, remove them just like you do for humans.

TO HELP PREVENT TICKS FROM BITING YOUR DOGS:

- Use tick control products such as collars, shampoos or spot-on treatments containing a tick-killing medicine. Reapply tick treatments according to the product label.
- Not all products are safe for puppies or cats. Be sure to read the label carefully. Talk to your animal control office or veterinarian if you have questions about tick control on pets.

KEEP TICKS OFF YOUR DOGS:

- Keep grass mowed and yards free of debris, such as mattresses or couches, where ticks may hide.
- Spray your yard with pesticides that kill ticks. Some products can be applied by anyone, but others require a professional pest control service.

WHAT ARE THE SYMPTOMS OF RMSF:

Symptoms may include:

- Fever
- Headache
- Muscle aches
- Cough
- Shortness of breath
- Nausea/vomiting
- Stomach pain
- Rash (*may not occur in all patients*)

RMSF usually starts within 2-14 days of being bitten by an infected tick. Never wait for a rash to develop before seeing your doctor.

CAN RMSF BE TREATED?

RMSF can be treated with antibiotics, but treatment is most effective if started soon after symptoms begin. See your doctor right away if you think you may have RMSF.

HOW CAN I PROTECT MYSELF AND MY FAMILY FROM RMSF?

No vaccine or medicine can prevent RMSF. Protect yourself, your family, and your pets from RMSF by preventing tick bites.

Use insect repellent containing 20-30% DEET when outside. Always follow product instructions.

Shower or bathe as soon as possible after spending time with dogs or in areas where ticks may live.

