



# Ehrlichiosis Fact Sheet

## What is Ehrlichiosis?

- Ehrlichiosis is the general name used when describing diseases caused by the bacteria *Ehrlichia*. *Ehrlichia* can infect both humans and pets. Within the Choctaw Nation Reservation, *E. ewingii* has been detected by CNO Tickborne Disease Surveillance.

## How is Ehrlichiosis Contracted?

- Ehrlichiosis can be contracted from the bite of an infected tick, either the lone star tick or blacklegged tick. Both ticks are prevalent within the State of Oklahoma and Choctaw Nation Reservation.
- Ehrlichiosis is not spread person-to-person or from contact with an infected animal.

## Who Gets Ehrlichiosis?

- Anyone can get ehrlichiosis. Those who spend long periods of time outdoors are at higher risk of contracting Ehrlichiosis due to increased risk of tick exposure. The ticks that carry *Ehrlichia* are most active during the spring and summer months.

## What are the symptoms?

- Symptoms generally include fever, headache, chills, loss of appetite, nausea, vomiting, diarrhea, confusion, and muscle pain. Some individuals may develop a rash, but this is not always present. Ehrlichiosis can be serious and is deadly if left untreated.
- Symptoms generally appear 5-14 days after the bite of an infected tick.

## How can I prevent Ehrlichiosis?

- Preventing tick bites can reduce the chance of developing ehrlichiosis, along with other tickborne illnesses.
- Before going outdoor, always apply EPA-approved insect repellent, walk in areas that are well kept and not overgrown.
- Always check yourself, clothing, pets, and children for ticks upon returning indoors.
- If you find a tick on yourself, your children, or pets, remove it immediately and watch for signs of tickborne illness.

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