

Tularemia

What is it? Tularemia can be a serious illness caused by bacteria. It lives on insects and animals, like rabbits and rodents. Signs of tularemia can start 1-14 days after exposure. Some signs are:



Sudden fever
and chills



Headache



Ulcers



Weakness



Muscle and
joint pain

How does it spread?



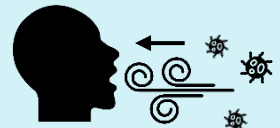
A bite from a tick
or deer fly



Touching sick or
dead animals



Eating or drinking
contaminated food
or water



Breathing
in bacteria

How can I avoid getting it?



Use gloves when touching
animals



Cook food all the way



Wash your hands, especially
after touching animals



Don't mow over dead
animals



Make sure water
is clean



Use an EPA approved insect
repellent for use on skin*

*EPA approved repellents for use on skin include DEET, IR3535, picaridin, and oil of lemon eucalyptus (OLE). Use permethrin on clothing.

Diagnosis and treatment



Talk to your health care provider if you think you have tularemia. People with tularemia should be treated with medicine as soon as possible. This disease can be deadly if it is not treated.

To learn more visit www.kingcounty.gov/cd