

What is RMSF?

- RMSF is a disease that can kill.
- It is spread by ticks.
- There have been at least **70** cases of RMSF and **8** deaths in White Mountain and San Carlos Apacheland since 2003.

What is a tick?

- A tick is a kind of bug that bites humans and animals.
- The tick that carries RMSF likes to live on dogs.
- Ticks come in different sizes—younger ticks may be so small you cannot even see them easily.
- Ticks are found in areas of your yard or home where dogs are.



How do you get RMSF?

- Ticks give RMSF to people by biting them.
- You may not even know it when you have been bitten by a tick.



Engorged Ticks
Full of blood

Prevent Tick Bites

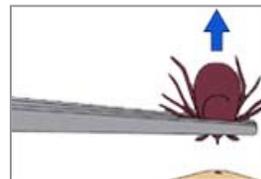
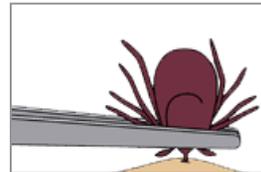
- Use insect repellents (DEET) to keep ticks from biting.
- Wear light-colored clothes that make it easy to spot ticks.
- Tuck your pants into your socks when working in areas where ticks may be.

Check for Ticks Every Day

- Check yourself and your children for ticks every day. Bath time is a good time to check.
- Ticks like to hide in hair, around ears, under arms, between the legs and behind the knees.
- Remove ticks right away and wash the area of the bite.

Remove Ticks Safely

- Use gloves or wash your hands afterward.
- Use tweezers. Grab the tick as close to the skin as possible.
- Pull upward with steady pressure.
- Avoid squeezing or crushing the tick. Flush the tick down the toilet.



Know the Signs of RMSF

- See the doctor if *any* signs of RMSF occur in the 2 weeks after a tick bites you.
- Signs of RMSF include:
 1. Fever
 2. Headache, aches and pains
 3. Red spots, red bumps, or a rash, often appears a few days after the fever. This rash may appear on the hands and feet.

Some people never get a rash.

Here is what the rash looks like:

Child with Rocky Mountain spotted fever has the rash that is characteristic but typically does not appear until several days after fever onset



Photo/CDC

If you, or your child, has these signs, see a doctor right away—RMSF can be treated with medicine, but it must be given early.

If not treated early, RMSF can kill!

Protect Your Dog

- The ticks that cause RMSF live on dogs.
- Treat your dogs with medicines, collars, or shampoos that kill ticks.
- These medicines and collars will need to be reapplied. Some tick collars last longer than others; make sure you follow the directions on the package.



Miss White Mountain Apache Princess, Tamara Pine, putting a tick collar on a dog

- Check your dogs for ticks every day in the summer. Remove ticks with tweezers.
- Keep your own dogs close to your yard and away from strays.



Protect Your Home

- Cut high grass around your home.
- Remove old furniture and mattresses from your yard. These stay wet and give the ticks a place to hide.
- Put up fencing to prevent dogs and children from getting under homes and porches. Ticks like to live in these areas.
- Treat your yard with a chemical that kills ticks.
- Permethrin and bifenthrin kill ticks and are safe for your yard. It is safe to use around children and pets.
- Yard chemicals last 3-4 weeks. Yards with ticks should be treated every month, April - September.
- Do your part to get rid of stray dogs!

For More Information:

- San Carlos Hospital:
XXXXXX
- Health Department:
(928)-475-2798
- IHS Environmental Health:
(928)-475-7213
- CDC: http://www.cdc.gov/ticks/diseases/rocky_mountain_spotted_fever/

You Can Prevent Rocky Mountain Spotted Fever (RMSF)



KNOW THE SIGNS

(FEVER, HEADACHE, SPOTS)

INSPECT YOUR BODY

COLLAR DOGS

KILL TICKS IN YARDS