

# Tularemia

Several people have been infected with Tularemia after outdoor activities on the west side of Utah Lake.

## What is Tularemia?

Tularemia is a potentially serious bacterial illness usually carried by rabbits. Humans are usually infected with Tularemia through direct contact with an infected rabbit or through the bite of an infected insect (usually a deerfly, tick or mosquito).

## Protect From Biting Insects All Day Long

Anytime during day or night insects that carry illness can bite you causing infection. So whenever you are outside protect yourself by following some of these simple steps.

1. Avoid biting insects
2. Wear long-sleeved shirts and long pants while outdoors
3. Use mosquito netting when sleeping outdoors or in an unscreened structure and to protect small babies at any time.
4. Use insect repellents that contain DEET (N, N-diethyl-m-toluamide) while outdoors
  - o Follow all instructions on the label
5. Avoid playing in swampy/marshy area's where biting insects live

## What Are the Symptoms of Tularemia?

The symptoms of Tularemia may vary depending on the mode of transmission, but common symptoms include:

- Painful swollen lymph nodes
- Red sore at the site of the bite
- Fever
- Chills
- Headache
- Other Flu-like symptoms

Symptoms usually appear within three to five days after exposure (can be from one to twenty one days).

## What Should I Do if I Think I Have Tularemia?

Tularemia is potentially serious but can be treated with appropriate antibiotics

- Contact your personal doctor
- Contact your Local Health Department, listed in the telephone directory
  - o In Utah County, please call (801) 851-7037
- Contact the Utah Department of Health, Bureau of Epidemiology (801) 538-6191