



Disease of the Month: Tularemia

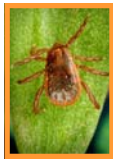
What is Tularemia?

Tularemia (Rabbit Fever) is a potentially serious illness that occurs naturally in the U.S. It is caused by the bacterium *Francisella tularensis*, which is found in animals (especially rodents, rabbits, and hares).

How does Tularemia spread?

Tularemia can be spread by:

- Being bitten by an infected tick, deerfly or other insect,
- Handling infected animal carcasses,
- Eating or drinking contaminated food or water, or
- Breathing in the bacteria.



There is no need to isolate people with tularemia because tularemia does not spread from person to person.

What are the symptoms of Tularemia?

- Sudden fever
- Chills
- Headaches
- Diarrhea
- Muscle aches
- Joint pain
- Dry cough
- Progressive weakness

People can also catch pneumonia and develop chest pain and bloody sputum. They can have trouble breathing and sometimes even stop breathing.

Other symptoms of tularemia depend on how a person was exposed to the tularemia

bacteria. These symptoms can include:

- ulcers on the skin or mouth,
- swollen and painful lymph glands,
- swollen and painful eyes, and
- a sore throat.



How soon do symptoms appear?

Symptoms usually appear 3 to 5 days after exposure but can take as long as 14 days.

How serious is Tularemia?

Tularemia can be fatal if it is not treated with the right antibiotics.

- Be sure to cook your food thoroughly, and



- Ensure that your drinking water is from a safe source.

A vaccine for tularemia is under review by the Food and Drug Administration (FDA) and is not currently available in the U.S.



TULSA HEALTH
DEPARTMENT

Special Points of Interest

Did you know?

There are approximately 200 cases of Tularemia in the United States every year and that most cases are associated with rabbits/hares in the winter and ticks in the summer.

TIPS: Preventing Tularemia

If you think you have tularemia, consult your doctor as soon as possible. Be sure to let the doctor know if you are pregnant or have a weakened immune system. Your doctor will most likely prescribe antibiotics, which must be taken according to the directions supplied with your prescription to ensure the best possible result. Let your doctor know if

you have any allergy to antibiotics.

An individual can prevent Tularemia by:

- Use insect repellent containing DEET on your skin to prevent insect bites,
- Wash your hand often using soap and warm water, especially after handling animal carcasses,

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CURRENT NEWS

CDC is collaborating with public health officials in multiple states across the United States and with the U.S. FDA to investigate a multi-state outbreak of *Salmonella* Litchfield infections showing the source of the outbreak to be due to cantaloupe from Honduras.

Between January 18 and March 5, 2008, state health departments identified 50 ill persons in 16 states infected with *Salmonella* Litchfield with the same genetic fingerprint. In addition, 9 ill persons with the outbreak strain have been reported in Canada. At least 14 persons have been hospitalized. No deaths have been reported.

Most persons infected with *Salmonella* develop diarrhea, fever, and abdominal cramps 12–72 hours after infection. Infection is usually diagnosed by culture of a stool sample. The illness usually lasts 4 – 7 days. Although most people recover without treatment, severe infections may occur in infants, elderly persons, and those with impaired immune systems. For more information visit www.cdc.gov/salmonella.

The Tulsa Health Department collects Emergency Room chief complaint data to monitor the emergence of illnesses, such as influenza, in our community. For additional information on THD's county-wide surveillance system go to www.tulsabiowatch.com

REPORTED CASES OF SELECTED DISEASES

Disease	Tulsa County		Oklahoma	
	Cases Reported Year-to-Date 2008	Cases Reported Year-to-Date 2007	Cases Reported Year-to-Date 2008	Cases Reported Year-to-Date 2007
<i>Campylobacter</i>	15	7	47	73
<i>E. coli</i> O157:H7	0	0	2	4
<i>Giardia</i>	1	3	15	29
Hepatitis A	1	0	3	3
Hepatitis B (acute & chronic)	4	12	25	17
Hepatitis C (acute & past/present)	45	111	221	477
Rabies (Animal)	0	1	11	26
<i>Salmonella</i>	6	13	63	76
<i>Shigella</i>	6	5	23	14

As of January 2008, OSDH is no longer reporting to counties for investigation Hepatitis C cases for individuals over the age of 40 years old.

Surveillance Report

