

Preventing RMSF in Your Family

Rocky Mountain Spotted Fever (RMSF) is a bacterial disease that infects ticks and can be given to people when bitten by a tick.

In the past few years parts of Arizona including the San Carlos Reservation have seen spikes in RMSF disease rates which contributes to some deaths. It must be spotted, diagnosed, and treated as soon as possible.



Checking your body:

- Look in folds of skin and between toes
- Behind your knees
- Between your legs
- Under the arms
- In and around the ears
- In the scalp along the hairline and throughout the hair



Checking your Dogs for ticks

Run your hand along areas of concern holding the hair back exposing the dog's skin underneath.

Areas of concern:

- Ears (folds, behind, and inside)
- On chest & under upper front legs
- between toes / under foot pad
- Around the neck or back of neck



Remove Ticks from the skin by pinching all the way down at the Head!



Observe family members for any of the these RMSF symptoms (below) if tick bite is suspected

- Fever
- Rash
- Red eyes
- Muscle Pain
- Nausea
- Vomiting

Using Deet and other Tick Repellents

The best protection you can achieve is by using a repellent that contains Permethrin on your clothes and one that contains DEET for your skin.

Deet can be used on an infant's skin if they are 2 months or older.

When using DEET with small children Do Not apply it around their mouth, eyes, and hands or on broken skin.

Checking Your Home & Yard Environments for Ticks

Check wherever domestic animals roam both indoors and outdoors.

Dog beds, cracks, old furniture inside

Check around the outside of the home and apply insecticide around the house and yard

Some insecticides can be applied inside the home

Check for ticks on dogs and put a tick collar on them