What You Need to Know: Rocky Mountain Spotted Fever (RMSF)

**Here are a few steps to protect you and your family!**

- **CHECK** yourself, your children and your dogs every day
- **USE** insect repellent (DEET) to keep ticks from biting
- **COLLAR** all dogs and clean them with medicines or shampoo
- **REMOVE** old furniture, mattresses and trash from the yard
- **APPLY** pesticides in your yard ALL summer

**Prevention begins with YOU!**

Share your experiences with your family and neighbors to help protect them from RMSF. Together, we can Kick Ticks!

If you have a fever for two or more days or are feeling ill, remember to see a doctor and let them know how you are feeling!

**Steps to Remove a Tick**

Use tweezers to grab the tick close to the skin.
Gently pull straight up until all parts of the tick are removed.
Wash the bite with soap and water.

Get rid of the tick by flushing it down the toilet.

If you have any additional questions, please contact your local health department:

This is a product adapted from Arizona Department of Health Services.
Doxycycline is a medicine that kills RMSF bacteria.

Even if you feel better—take all of your medicine!

If I have Rocky Mountain Spotted Fever (RMSF), what do I need to know?

Let’s start with....

What is RMSF?
RMSF is a disease caused by the bite of tick that carries the disease.

Brown Dog Tick

How did I get RMSF?
A tick with RMSF bit you.

Actual Tick Size

What kind of medicine am I taking?
Doxycycline is a medicine that kills RMSF bacteria.

Even if you feel better—take all of your medicine!

How long do I have to take my medicine?
Take all of your medicine until it is gone as told by the doctor.

How long will I be sick?
After the doctor gives you medicine, your fever or symptoms should end within 3 days. If you are not feeling better or feeling worse call your doctor.

Can I give RMSF to my family?
No. RMSF is not spread person to person.

When do I need to come back to the doctor?
You should make an appointment to return to the doctor so they can test your blood in 2 weeks. You may need to return sooner if your doctor tells you.

Schedule an appointment for 2 weeks