



PUTNAM COUNTY DEPARTMENT OF HEALTH

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A PHAB-ACCREDITED HEALTH DEPARTMENT

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Public Health Advisory

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Putnam County Department of Health Reporting Higher than Average Cases of Anaplasmosis

The Putnam County Department of Health (PCDOH) would like to make clinicians aware that surveillance data is indicating higher than average rates of anaplasmosis in County residents for 2023. Preliminary data shows 36 cases recorded to date for January-June. This number is on par with counts seen in the first six months of 2021, which had the highest case count on record, and may continue to increase with investigations still ongoing.

Anaplasmosis can occur at any time of the year. Cases typically peak in June and July, coinciding with the active season of the nymphal *Ixodes Scapularis* ticks responsible for most disease transmission.

The Putnam County Department of Health reminds healthcare providers to counsel their patients to take measures to **prevent tick bites**, and have a **high level of clinical suspicion for anaplasmosis** and other tick-borne diseases during summer months:

- Anaplasmosis typically presents as an acute febrile illness. Other common symptoms include fever, chills, rigors, severe headache, malaise and myalgia. Gastrointestinal symptoms may be seen in about 20% of cases. Rash is seen in <10% of patients with anaplasmosis.
- Lab abnormalities commonly present in cases of anaplasmosis include anemia, thrombocytopenia, leukopenia, and mild to moderate elevation in hepatic transaminases.
- Older and immunocompromised patients are at higher risk for severe symptoms including renal or respiratory failure, peripheral neuropathies, coagulopathies, rhabdomyolysis and hemorrhage.
- PCR testing is preferred for the diagnosis of anaplasmosis during the acute illness phase as a positive result provides confirmation of disease from a single sample.
- Doxycycline is the treatment of choice for anaplasmosis, and is recommended in patients of all ages, including those <8 years.
- Please respond to requests from PCDOH for clinical information related to anaplasmosis lab results in your patients promptly to facilitate timely assessment of the local disease burden.
- More information on anaplasmosis for healthcare providers can be found at <https://www.cdc.gov/anaplasmosis/healthcare-providers/index.html>

If you have any questions, please contact the Department's Nursing Division at (845) 808-1390.