



## PUTNAM COUNTY DEPARTMENT OF HEALTH

1 Geneva Road, Brewster, NY 10509 ■ 845-808-1390

[www.putnamcountyny.gov/health](http://www.putnamcountyny.gov/health)

A PHAB-ACCREDITED HEALTH DEPARTMENT

MaryEllen Odell  
COUNTY EXECUTIVE

Michael J. Nesheiwat, MD  
COMMISSIONER OF HEALTH

# Public Health Advisory

July 21, 2021, 9 a.m.

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

The Putnam County Department of Health (PCDOH) has confirmed a record number of cases of the tick-borne disease anaplasmosis in County residents in 2021. Forty-seven cases have been confirmed between the months of January to June. This number far exceeds the average of 26 cases per year seen in the last five years. Other counties in New York's Capital Region are also reporting a surge of anaplasmosis cases this year.

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.