

Health Guidance:

Tick Borne Disease Health Guidance

July 12, 2018

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The Missouri Department of Health & Senior Services (DHSS) is now using 4 types of documents to provide important information to medical and public health professionals, and to other interested persons:

Health Alerts convey information of the highest level of importance which warrants immediate action or attention from Missouri health providers, emergency responders, public health agencies, and/or the public.

Health Advisories provide important information for a specific incident or situation, including that impacting neighboring states; may not require immediate action.

Health Guidances contain comprehensive information pertaining to a particular disease or condition, and include recommendations, guidelines, etc. endorsed by DHSS.

Health Updates provide new or updated information on an incident or situation; can also provide information to update a previously sent Health Alert, Health Advisory, or Health Guidance; unlikely to require immediate action.

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July 12, 2018

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SUBJECT: Tick-Borne Disease Health Guidance

Summary

The Missouri Department of Health and Senior Services (DHSS) alerts healthcare providers that reports of tick-borne illnesses in 2018 are higher than the five-year median for the period 2013 through 2017. Many cases are still under investigation and case numbers are subject to change. Each year, Missouri experiences a substantial disease burden due to a variety of tick-borne illnesses including tularemia, ehrlichiosis, Rocky Mountain spotted fever (RMSF), and other spotted fevers. Other tick-borne illnesses have also been reported in Missouri, including Lyme disease and disease cause by Heartland and Bourbon viruses, but the number of cases identified for these diseases remains low.

Tick-borne Rickettsial Disease (TBRD)

Ehrlichiosis and RMSF are transmitted primarily through the bites of the lone star and American dog ticks, respectively. Tick-borne disease agents from the Rickettsiales order most frequently reported in Missouri are *Ehrlichia chaffeensis* (ehrlichiosis); *E. ewingii* (ehrlichiosis); and *Rickettsia rickettsii* and other Rickettsia species (RMSF and other spotted or eschar-associated illnesses).

In 2017, Missouri reported over 900 cases of TBRDs. As of July 9, 2018, reports of TBRDs are elevated compared to the five-year median for the period 2013 through 2017.

TBRDs can cause acute illness similar in initial presentation to many viral and bacterial febrile infections. Peak transmission of these tick-borne agents can continue into early August. Active transmission in Missouri typically is observed from late March through early October. TBRDs can cause severe illness and death in otherwise healthy adults and children. Diagnosis and treatment of these illnesses must be made on the basis of clinical signs and symptoms, and can later be confirmed using molecular and serological laboratory tests.

The standard for confirming a diagnosis of rickettsial infection is to perform an immunoglobulin G (IgG) indirect immunofluorescence antibody assay (IFA) on paired acute and convalescent phase specimens taken 2 to 4 weeks apart. During the first week of illness, when most patients seek medical care, antibodies are unlikely to be elevated. As the illness progresses past 7 days, however, the sensitivity of the IFA IgG assay increases in tandem with pathogen-specific antibody production. Because of its longevity and problems with cross-reaction, use of immunoglobulin M (IgM) antibody assays for TBRDs should not be used as a stand-alone method for diagnosis of these conditions.

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Polymerase chain reaction (PCR) tests can be used to diagnose ehrlichiosis during acute illness. This test is less sensitive for detecting RMSF infection and is not considered standard of care. While treatment should not be delayed, antibiotic use will reduce the sensitivity of PCR testing. To minimize the risk of obtaining false negatives, specimens should ideally be collected prior to administration of doxycycline.

Delay in diagnosis and treatment is associated with more severe illness and death. Case fatality rates for immunocompromised patients are characteristically higher than rates reported for the general population. Healthcare providers should keep a high index of suspicion for TBRD and include TBRD in the differential diagnosis of summertime febrile patients with known or potential tick exposure.

Tularemia

Tularemia is caused by the highly infectious bacterium, *Francisella tularensis*. Missouri lies within a North American focal area of human tularemia disease that encompasses our borders as well as the states of Arkansas, Oklahoma, and Kansas. Two subspecies are known to cause human illness: *F. tularensis* subsp. *tularensis* (Type A) and *F. tularensis* subsp. *holarctica* (Type B). Both types have been isolated from Missouri patients; Type A typically presents with more virulence and commonly occurs naturally in rabbit and rodent populations. In addition to tick-bite transmission, tularemia is contracted through other means, including bites from infected animals, ingestion of contaminated water and undercooked meat, inhalation of aerosolized soils or blood, and direct contact with mucous membranes and broken skin. In 2017, Missouri reported 35 cases of tularemia. As of July 9, 2018, reported tularemia cases in Missouri are comparable to previous years.

Severity of illness among the various forms of tularemia can range from mild to life threatening. Clinical presentation of tularemia is influenced by the route of exposure. Symptoms generally start as a flu-like illness with lymphadenopathy. Fever, sometimes high, is likely to accompany all forms. Because the symptoms of tularemia can be easily mistaken for other illnesses, diagnosis can be challenging.

Laboratory diagnosis of tularemia can be made by isolating *F. tularensis* from swabs/scrapings of lesions, blood, sputum, aspirates, biopsy specimens, or other exudates. Under State of Missouri communicable disease rules, isolates that screen positive for *F. tularensis* are to be submitted to the State Public Health Laboratory (SPHL) for confirmatory testing ([19 CSR 20-20.080 Duties of Laboratories](#)). Material submitted to the SPHL should be prepared as pure inoculated culture slants.

Serological diagnosis can be made through detection of antibodies to *F. tularensis* using tube agglutination or microagglutination. Confirmation of a tularemia diagnosis by serology requires a four-fold or greater change in antibody titer between appropriately timed acute and convalescent specimens. Antibody tests are most useful in the second week of infection. Some cross-reactivity may occur with *Brucella* spp., *Legionella* spp., and *Yersinia* spp., usually at low titers. Tularemia can also be diagnosed using a PCR test. A recent study by DHSS and the Centers for Disease Control and Prevention (CDC) demonstrated that despite being endemic in Missouri, tularemia diagnosis by medical providers is often delayed.

Without treatment, the tularemia case fatality rate can be as high as 30%. Prompt treatment with antibiotics can reduce the likelihood of complications related to illness. Antibiotics used to treat tularemia include streptomycin, gentamicin, doxycycline, and ciprofloxacin. Treatment usually lasts 10 to 21 days depending on the stage of illness and the medication used. With treatment, the case fatality rate falls to 1-3%.

Lyme disease

Lyme disease is the most common tick-borne disease in the United States. The majority of North American cases of Lyme disease are diagnosed in the Northeast and upper Midwest of the United States. Healthcare providers are reminded that public health disease reporting criteria used to monitor the epidemiology of Lyme disease are not intended to serve as a diagnostic standard for this condition.

In 2017, Missouri reported 12 cases of Lyme disease. Each of these cases was evaluated against public health reporting criteria. Some of Missouri's reported cases were exposed during travel to a Lyme disease-endemic area, became ill, and were tested upon return. Other cases were counted as a Lyme disease case because a physician diagnosed Lyme disease and laboratory evidence suggested recent or past exposure to *Borrelia burgdorferi*, the causative agent of Lyme disease. The latter cases present surveillance challenges for DHSS because a single serology cannot demonstrate seroconversion from IgM antibodies to IgG antibodies. It is important to note that Lyme bacteria have never been isolated from any of Missouri's cases.

Healthcare providers should be cognizant that criteria used to assess a suspected case of Lyme disease for public health reporting are not as rigorous as peer-reviewed diagnostic criteria. For the diagnosis and treatment of patients for whom Lyme disease is a consideration – but for whom there is also a degree of uncertainty – the national reporting criteria lacks specificity. This is a concern in states like Missouri, where *B. burgdorferi* does not appear to be endemic. Specific differences between the two sets of criteria include:

- Diagnostic recommendations for appropriately timed acute- and convalescent-phase serology using the accepted two-tiered algorithm to demonstrate seroconversion;
- Recognition of the poor performance (e.g., specificity) of IgM assays for Lyme disease, particularly when ordered for patients lacking objective symptoms of Lyme disease; and
- The necessity of ruling out other etiologies through an examination of laboratory or imaging abnormalities that might suggest an undiagnosed condition or process distinct from Lyme disease.

As of July 9, 2018, reported cases of Lyme disease are above the five-year median for the period 2013 through 2017. Many of these cases are still under investigation and subject to change. Over time, Missouri public health surveillance data have suggested that the risk of locally-transmitted Lyme disease is low. In acute illness cases where presentation includes an erythema migrans (EM) lesion and other characteristic symptoms (headache, fatigue, arthralgias, and objective periods of

arthritis of less than two weeks duration), but no out-of-state travel history, diagnostic uncertainty may be resolved using both acute- and convalescent-phase (i.e., two weeks after the acute-phase) serum samples tested using the two-tier testing algorithm.

Heartland and Bourbon Viruses

In the last decade, two previously unknown viruses have been found in Missouri patients. There is evidence to suggest that both viruses are transmitted by the bite of an infected tick. DHSS is working with the CDC to gather more information about how people get infected, which types of ticks or other insects may carry the viruses, and how to prevent illness from occurring.

To date, more than 30 cases of Heartland virus disease have been identified in nine Southeast and South Central states (e.g., Indiana, Kentucky, North Carolina, Georgia, Tennessee, Missouri, Arkansas, Oklahoma, and Kansas). Fewer cases of Bourbon virus disease have been identified, but the geographic distribution of known cases is similar to Heartland virus.

Patients with Heartland or Bourbon virus disease identified to date have had a flu-like illness with high fever, fatigue, anorexia, and diarrhea. Patients were found to have leukopenia and thrombocytopenia on presentation to the hospital and later developed elevated liver transaminases. Several patients required hospitalization and some died due to complications from their infection with either Heartland virus or Bourbon virus. The majority of patients with Heartland or Bourbon virus disease, however, have recovered.

For more information on tests available for Heartland or Bourbon viruses, please call the Office of Veterinary Public Health at (573) 751-6113 during regular business hours, or call the DHSS Emergency Response Center at (800) 392-0272 after regular hours or on weekends. All requests for testing will be evaluated by a DHSS or CDC epidemiologist.

Tick Bite Prevention

The best way to avoid getting a tick-borne disease is to prevent tick bites from occurring. Encourage patients to take the following simple steps to protect themselves and their families:

Clothing

- Wear light colored clothing to make it easier to spot crawling ticks. When possible, tuck clothing in to prevent ticks from crawling under clothing and attaching to the skin.
- Clothing worn outdoors can be placed in a dryer on high heat for at least 10 minutes to kill any ticks on the clothing. If the clothing is damp, additional time may be needed.
- If clothing needs to be washed immediately, wash in hot water and then dry on high heat until no longer damp.

Repellent use

- Use an insect repellent on exposed skin and clothing that contains at least 20% DEET, picaridin, or IR3535. Protection time will depend upon the repellent ingredient and concentration. Repellent should always be applied according to package instructions.
- The American Academy of Pediatrics and CDC recommend use of insect repellent containing up to 30% DEET for infants over 2 months of age.
- Clothing, boots, daypacks, and camping gear can be treated with a product called permethrin. Items should be sprayed and allowed to dry completely before use. Permethrin-treated items will remain effective for multiple washings.
 - Permethrin should only be applied to clothing or gear, not to skin.
 - Do not apply to clothing while it is being worn.
 - Remember to apply insect repellent to exposed skin.

Tick checks

- After spending time in tick infested areas, do a thorough check for ticks.
- Showering soon after coming indoors is also recommended to more easily locate crawling or attached ticks.
- Remove ticks as soon as possible.

For More Information:

1. Biggs HM, Behravesh CB, Bradley KK, et al. Diagnosis and Management of Tickborne Rickettsial Diseases: Rocky Mountain Spotted Fever and Other Spotted Fever Group Rickettsioses, Ehrlichioses, and Anaplasmosis — United States. *MMWR Recomm Rep* 2016;65(No. RR-2):1–44. DOI: <http://dx.doi.org/10.15585/mmwr.rr6502a1>
2. Centers for Disease Control and Prevention. (2018). Tickborne Diseases of the United States: A Reference Manual for Health Care Providers. Fifth edition. Retrieved from <https://www.cdc.gov/ticks/tickbornediseases/TickborneDiseases-P.pdf>.
3. Weber IB, Turabelidze G, Patrick S, Griffith KS, Mead PS, Kugeler KJ. Clinical recognition and management of tularemia in Missouri: a retrospective chart review of 121 cases. *Clin Infect Dis*. 2012 Aug 21. Retrieved from <https://academic.oup.com/cid/article/55/10/1283/323868>.