



**CDPH Health Advisory**  
**Outbreak of *Aeromonas* Skin Infections Associated with**  
**Adventure Race, Sonoma California**  
August 29, 2023

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The California Department of Public Health (CDPH) has issued a Health Advisory regarding an outbreak of skin and soft tissue infections (SSTIs) associated with [Tough Mudder](#), an adventure race involving extensive exposure to mud, held at the Sonoma Raceway on August 19 and 20, 2023.

Providers should report any cases associated with this outbreak to Public Health by phone within one working day.

- *Los Angeles County DPH Acute Communicable Disease Control*: Weekdays 8:30 am–5:00 pm - call 213-240-7941.
- *Long Beach Health and Human Services*: Weekdays 8:00 am-5:00 pm - call 562-570-4302.
- *Pasadena Public Health Department*: Weekdays 8:00 am-5:00 pm - call 626-744-6089.

Please see the CDPH advisory below or view [online](#).

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To view this and other communications or to sign-up to receive LAHANs, please visit [ph.lacounty.gov/lahan](http://ph.lacounty.gov/lahan)



State of California—Health and Human Services Agency  
**California Department of Public Health**



## Health Advisory

**To: Healthcare Providers**  
**Outbreak of *Aeromonas* Skin Infections Associated with an Adventure Race, Sonoma, California**  
**8/28/2023**

### Key Messages

- The Sonoma Department of Health Services (SDHS) and California Department of Public Health (CDPH) are investigating an *Aeromonas* outbreak linked to Tough Mudder adventure race events at the Sonoma Raceway on August 19 and 20, 2023.
- Healthcare providers should consider *Aeromonas* infections in individuals presenting with skin and soft tissue infections (SSTIs) who participated in the Tough Mudder events in Sonoma.
- Healthcare providers should consider obtaining wound cultures (and other cultures, if applicable) and performing antimicrobial susceptibility testing to guide antibiotic therapy.
- Initial empiric treatment should cover *Aeromonas*, as well as other bacteria that commonly cause SSTIs.
- Healthcare providers should report cases associated with this outbreak to their local health department.

### Background

Sonoma Department of Health Services (SDHS), in coordination with the California Department of Public Health (CDPH), is investigating an outbreak of skin and soft tissue infections (SSTIs) associated with [Tough Mudder](#), an adventure race involving extensive exposure to mud, held at the Sonoma Raceway on August 19 and 20, 2023.

Numerous race participants have experienced SSTIs (most frequently described as a pustular rash), along with other symptoms such as fever and headache. Multiple wound cultures have yielded *Aeromonas*.

*Aeromonas* are gram-negative bacteria that grow in freshwater and marine environments and can cause wound infections ranging from mild cellulitis to necrotizing fasciitis. *Aeromonas* strains may be resistant to antibiotics commonly used to treat SSTIs caused by other bacteria. In addition, *Aeromonas* infections have been associated with gastroenteritis, sepsis, and involvement of multiple extraintestinal sites.

### Recommendations

Healthcare providers should ask patients presenting with SSTIs (especially folliculitis or pustular rash) about whether they participated in a Tough Mudder race at the Sonoma Raceway on August 19 and 20, 2023. In addition, healthcare providers should also evaluate other symptoms among race participants as *Aeromonas* infections can affect other sites (e.g., respiratory, gastrointestinal). Healthcare providers

caring for patients linked to this outbreak should strongly consider obtaining cultures and performing antimicrobial susceptibility testing to guide antibiotic therapy. If treatment is warranted, initial empiric treatment should cover *Aeromonas*, as well as other bacteria that commonly cause SSTIs. Limited antimicrobial susceptibility testing (AST) information to date has suggested that the *Aeromonas* isolated from patients are pan-susceptible, including to ciprofloxacin, doxycycline, and trimethoprim-sulfamethoxazole. Healthcare providers should report cases to their [local public health department](#).

## Resources

1. Aravena-Román M, Inglis TJ, Henderson B, Riley TV, Chang BJ. [Antimicrobial susceptibilities of \*Aeromonas\* strains isolated from clinical and environmental sources to 26 antimicrobial agents](#). Antimicrob Agents Chemother. 2012 Feb;56(2):1110-2. doi: 10.1128/AAC.05387-11. Epub 2011 Nov 28. PMID: 22123695; PMCID: PMC3264277.
2. Stevens DL, Bisno AL, Chambers HF, Dellinger EP, Goldstein EJ, Gorbach SL, Hirschmann JV, Kaplan SL, Montoya JG, Wade JC; Infectious Diseases Society of America. [Practice guidelines for the diagnosis and management of skin and soft tissue infections: 2014 update by the Infectious Diseases Society of America](#). Clin Infect Dis. 2014 Jul 15;59(2):e10-52. doi: 10.1093/cid/ciu444. Erratum in: Clin Infect Dis. 2015 May 1;60(9):1448. Dosage error in article text. PMID: 24973422.

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