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**LAC DPH Health Update:  
Outbreaks of Flea-Borne Typhus in Los  
Angeles County  
October 12, 2018**



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*This message is intended for internal medicine, infectious disease, family medicine, pediatrics, emergency medicine, and urgent care providers. Please distribute as appropriate.*

## **Key Messages**

- Two outbreaks of endemic flea-borne typhus have now been identified in both downtown Los Angeles and the Willowbrook area of Compton. We expect to continue to see clusters throughout LA County.
- Clinicians should consider flea-borne typhus in patients with febrile illness of unknown etiology (see clinical presentation below).
- Clinicians should report suspect cases of flea-borne typhus to Los Angeles County Department of Public Health within 1 working day.
- Typhus is not person-to-person transmissible, use standard contact precautions for patients.

## **Situation**

On [October 4](#), we notified healthcare providers via LAHAN about an outbreak of flea-borne typhus associated with living or working in downtown Los Angeles. Los Angeles County Department of Public Health (LAC DPH) has now identified four cases of flea-borne typhus associated with the Willowbrook area of Compton. Three of the four cases were hospitalized, and no deaths have occurred. We expect to continue to see clusters of flea-borne typhus throughout LA County and ask all health care providers to consider typhus diagnosis in their differential.

LAC DPH is working with other County Departments to identify and reduce the environmental risk for exposure to typhus.

The clinical content of the October 4 [Health Alert](#) on flea-borne typhus is unchanged, except for the new text in the action step shown in purple, and is reprinted below.

## **Background**

Flea-borne typhus, also known as murine or endemic typhus, is a disease transmitted by fleas infected with *Rickettsia typhi* or *Rickettsia felis*. Flea-borne typhus is endemic in LAC with cases detected each year. In recent years, the average number of cases reported to LAC DPH has doubled to nearly 60 cases per year; however, geographic

clusters are unusual. Most cases occur in the summer and fall months.

In LAC, the primary animals known to carry infected fleas include rats, feral cats, and opossums. People with significant exposure to these animals are at risk of acquiring flea-borne typhus. Pet dogs and cats that are allowed outside may also come in contact with infected fleas and could carry them to humans. Infected animals are not known to get sick from flea-borne typhus.

Diagnosis requires a high degree of clinical suspicion as flea-borne typhus typically presents as a non-specific febrile illness and early diagnostic tests are unreliable. Severe complications can occur resulting in lengthy hospitalizations and rarely death.

### **Actions Requested of Providers**

- Consider a diagnosis of flea-borne typhus in patients with a non-specific febrile illness with headache, myalgia, rash, and laboratory abnormalities including leukopenia, thrombocytopenia, and elevation of hepatic transaminases, without alternate identifiable etiology.
- Report all suspected cases of flea-borne typhus, particularly in persons experiencing homelessness and [those with exposure to outdoor animals such as stray cats, opossums, pet dogs and cats](#) to LAC DPH within 1 working day.

### **Clinical Presentation**

Flea-borne typhus may be a mild, self-limited illness, or can present as severe disease requiring hospitalization. Symptoms occur 7 to 14 days after exposure, and typically include abrupt onset of fever, headache, chills, myalgia, abdominal pain, or vomiting. A maculopapular rash may appear after 1 week but may also be absent altogether. Severe cases may result in renal, respiratory, ophthalmologic, cardiac, or neurologic dysfunction. Common laboratory abnormalities include leukopenia, thrombocytopenia and elevation of hepatic transaminases. Adults with advanced age or G6PD deficiency are at greatest risk for severe disease.

### **Diagnosis**

As symptoms are non-specific and laboratory testing is unreliable in acute phases of infection, treatment decisions should be based on clinical presentation and exposure history. Treatment for patients with suspected flea-borne typhus should not be delayed pending diagnostic tests.

Laboratory diagnosis can be conducted through serologic testing for *R. typhi* IgG and IgM antibodies. As there can be cross-reactivity with other rickettsiae, LAC DPH also recommends testing for antibodies against *R. rickettsii*, the causative agent of Rocky Mountain Spotted Fever. Serology performed on samples collected within the first week of symptom onset can often be false-negative. Confirmation of *R. typhi* diagnosis

requires paired serology of acute and convalescent samples (drawn 2 weeks later) demonstrating a four-fold increase in IgG titers. However, as not all patients return for additional testing, a probable diagnosis can be made with a single positive sample plus supportive clinical and laboratory data.

Serological tests for *R. typhi* and *R. rickettsii* are available at most commercial laboratories. Testing is also available at LAC DPH Public Health Laboratory as part of a Rickettsial Antibody Panel. For more information on submitting specimens to PHL, see the laboratory testing guidelines on the LAC DPH Flea-Borne Typhus Testing [webpage](#).

## **Treatment**

Flea-borne typhus is readily treated with antibiotics. Doxycycline is the treatment of choice; the dose of doxycycline for adults is 100 mg orally BID. Treatment should occur for a minimum of five days or until 48 hours after patient becomes afebrile. Treat suspect cases promptly; do not wait for laboratory confirmation.

## **Prevention**

Counsel patients on how to reduce exposure to infected fleas including the following:

- Store trash and other food sources in secured bins and/or clear it away from places of residence to avoid attracting animals.
- Discourage animals from nesting around your home by closing up crawl spaces and attics and trimming or removing vegetation around buildings.
- Avoid petting or feeding stray animals.
- Use flea control products for domestic pets.
- When outside, consider using EPA–registered insect repellents.

Visit the LAC DPH Flea-Borne Typhus [webpage](#) for FAQ, flea prevention guidance, and other patient resources.

## **Transmission and Infection Control**

Person-to-person transmission does not occur. Humans are a dead-end host for flea-borne typhus. Standard precautions are indicated. Patients should contact their local animal control agency to report feral cats and opossums.

## **Reporting**

*Los Angeles County DPH Acute Communicable Disease Control Program*

- Weekdays 8:30 AM – 5:00 PM: call 888-397-3993. For consultation: call 213-240-7941.
- After hours: call 213-974-1234 and ask for the physician on call.

*Long Beach Health and Human Services*

- Weekdays 8:00 AM – 5:00 PM: call 562-570-4302
- After hours: call 562-500-5537 and ask for the Duty Officer.

*Pasadena Public Health Department*

- Weekdays 8:00 AM – 5:00 PM (closed every other Friday): call the Communicable Disease Control Program at 626-744-6089
- After hours: call 626-744-6043.

**Additional Resources**

- Los Angeles County Department of Public Health Flea-borne Typhus webpage [www.publichealth.lacounty.gov/acd/VectorTyphus.htm](http://www.publichealth.lacounty.gov/acd/VectorTyphus.htm)
- California Department of Public Health Flea-borne Typhus webpage [www.cdph.ca.gov/Programs/CID/DCDC/Pages/Typhus.aspx](http://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Typhus.aspx)
- Centers for Disease Control and Prevention Murine Typhus webpage [www.cdc.gov/typhus/murine/](http://www.cdc.gov/typhus/murine/)

This Health Alert was sent by Dr. Sharon Balter, Director, Division of Communicable Disease Control and Prevention, Los Angeles County Department of Public Health.

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