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Dear Parent/Guardian:

If you, your child, or other family members recently traveled to Tecate, Mexico or other northern Mexico regions, please be aware that five people were recently hospitalized with Rocky Mountain spotted fever (RMSF) after being bitten by a tick.

This disease is spread by the bite of infected ticks. In Mexico most often these are brown dog ticks found on domestic dogs in city and rural areas. Some people may not know they were bitten.

If you or a family member recently visited Tecate in Baja California, Mexico and developed a fever, headache or rash within 2 weeks, get medical help. Other symptoms include nausea, vomiting, abdominal pain, and joint and muscle aches.

Without treatment, [the disease](#) can become very serious and fatal within days.

Of the five recent patients who had traveled to Tecate, four were younger than 18, and three patients died.

Rocky Mountain spotted fever is found in several US regions, including the southwestern United States. It is also found in northern Mexico including Baja California, as well as Sonora, Chihuahua, Coahuila, and Nuevo León. Please [be aware](#) of RMSF if you also plan to travel to these areas of Mexico.

[Prevent](#) the disease by:

- Treating your dogs for ticks
- Wearing protective clothing
- Use Environmental Protection Agency-approved [insect repellents](#).
- And check for ticks on everyone after outdoor activities or being around dogs. Remove ticks quickly.

For more information: <https://www.cdc.gov/rmsf/index.html> and <https://wwwnc.cdc.gov/travel/notices/level1/rmsf-mexico>

Sincerely,

Los Angeles County Department of Public Health