

# San Gabriel Health Alert



## Dear Neighbors,

Have you heard of **Typhus**? Specifically, **Murine Typhus**?

I hadn't. Neither had my wife.

Typhus is an infectious disease for humans. (It is not considered contagious.)

Typhus is caused by fleas, fleas that are most common on **opossums, cats and rats**.

Our neighborhood is home to opossums and rodents, and I've seen more than one cat in our back yard.

**Any one of us can be infected** by doing something as simple as touching the ground with a paper-cut on your finger. Or, you could get dirt on your finger and touch the corner of your eye. We think my wife was infected while planting a flowering vine in our backyard garden. Or maybe it happened when she picked up the garden hose to water a plant. This happened 3 or 4 weekends ago.

Some **symptoms** include: severe headache, stiff neck & legs, nausea, chills, vomiting, skin rash, dizziness, light sensitivity, fever. Each person can experience different symptoms (my wife didn't have a fever).

If you get sick with Typhus, doctors may suspect you have *meningitis*. The symptoms are similar. Once the doctors rule out meningitis (bacterial or viral), make sure they test you for Typhus and start you on antibiotics immediately (e.g. Doxycycline). The lab results for Typhus can take days to arrive. [*I'm not a doctor, this is just our experience.*]

My wife will recover fully thanks to the excellent doctors at Huntington Memorial Hospital.

I'm documenting more details about Typhus and my wife's experience on my blog at:

[www.kenwrotethis.com/typhus](http://www.kenwrotethis.com/typhus)

I'm also gathering information about who to contact in San Gabriel and Los Angeles County. I'm buying nematodes and cedar oil to eradicate the fleas from our yard.

If you want to learn more, visit my blog to read more details and maybe share information you have.

Please -- be aware of this disease called Typhus. It's in San Gabriel. Maybe you can help a friend or loved-one.

## Be Healthy,

*Ken*