

Hot Tips: Public Health Advisory

#138 Date: 8/25/2023

Please copy and distribute to ALL physicians at your location.

Aeromonas Skin Infections Associated with Tough Mudder Race

Key Messages

- The County of Sonoma Department of Health Services has issued an alert to clinicians regarding an influx of reports of *Aeromonas* skin infections among patients who participated in Tough Mudder races that were held at the Sonoma Raceway this past weekend –August 19th-20th, 2023.
- Most patients presented with a pustular rash, and some with fever, myalgia, nausea/vomiting, and headache with onset approximately 24 hours following the respective events.
- People travel from large distances to attend these events.
- Any potential cases should be reported to the Ventura County Department of Public Health (VCPH) at (805) 981-5201.

Situation

State and county officials are warning physicians and other healthcare providers to be on the lookout for any patients presenting with a pustular rash following participation in a Tough Mudder race that took place this past weekend at the Sonoma Raceway. The County of Sonoma Department of Health Services has identified an outbreak of *Aeromonas* skin infections among individuals who participated in these events between August 19th and 20th, 2023. More than 80 individuals have been reported to have been affected so far. Reports of cases have come in from numerous counties throughout the state. The rash syndrome appears to be associated in some cases with fever, myalgia, headache, and nausea/vomiting. Several patients have received alternative diagnoses such as folliculitis or staphylococcal infections. Physicians are encouraged to assess the patient's exposure history and procure cultures and antimicrobial sensitivity testing of the pustules. Isolates have been demonstrated to be sensitive to trimethoprim/sulfamethoxazole, doxycycline, and ciprofloxacin.

Any cases identified should be reported to Ventura County Public Health by calling (805) 981-5201.

Resources

Additional information on *Aeromonas* infections and recommended treatments can be found at [Aeromonas infections - UpToDate](#).

This bulletin is intended to improve the public health in our county by keeping physicians and nurses informed of noteworthy diagnoses, disease trends, and other events of medical interest. Another goal of a public health department is to educate. We hope that you will use this information to increase your awareness. Please allow us to continue in our role of speaking to the press so that we may maximize the educational message to the benefit of all citizens of Ventura County.