



**ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT**

Division of Communicable Disease Control and Prevention
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HEALTH ADVISORY

Infections with *Aeromonas* species in Participants of a Tough Mudder Endurance event August 19-20, 2023 in Sonoma, CA

AUGUST 25, 2023

SITUATION:

On August 24, 2023, Sonoma County issued a Health Alert and Media Advisory regarding a Tough Mudder Endurance event that took place on August 19-20th, 2023 in Sonoma, CA. Multiple event participants reportedly developed symptoms of rash with fever, myalgias, nausea/vomiting or respiratory symptoms, often 24 hours after exposure to mud at the event. Culture results implicate a pan-sensitive *Aeromonas* species. Prompt evaluation of any symptomatic patients is strongly recommended, and empiric antibiotic treatment, until culture results are obtained, should be strongly considered. To report cases to Alameda County Public Health Department, complete and submit [CMR](#) reporting as "Unusual/Other" with a note that the patient participated in the Tough Mudder event. Fax the completed [CMR](#) to (510)273-3744 or email acutecd@acgov.org within 1 business day.

BACKGROUND:

The Tough Mudder race August 19-20, 2023 involved extensive exposure to mud with initial reports of multiple individuals becoming symptomatic 24 hours after the event. Most affected persons reported pustular rash, fever, myalgias, and headache; others have reported nausea/vomiting or respiratory symptoms.

Symptomatic Alameda County residents who participated in the Tough Mudder event may seek medical care locally.

As noted in Sonoma County's Health Alert, initial patients were diagnosed with swimmer's itch and staphylococcal infections; however, additional testing of infected patients has isolated pan-susceptible-*Aeromonas* species which is a Gram-negative bacterium. Many patients have required antibiotic treatment.

Actions Requested of Healthcare Providers:

- Promptly evaluate persons experiencing symptoms who were at the Tough Mudder event on August 19-20, 2023 in Sonoma, CA.
- Cultures are recommended if possible, and empiric treatment for an *Aeromonas* species infection should be strongly considered. Use antimicrobial susceptibility testing to guide completion of treatment.
- Complete and submit [CMR](#) reporting as "Unusual/Other" with a note the patient participated in the Tough Mudder event. Fax the completed CMR to (510)273-3744 or email acutecd@acgov.org within 1 business day.
- For clinical guidance, please email acutecd@acgov.org or call (510) 267-3250 during business hours; after hours you may call the On-Call Duty Officer via (925) 422-7595

Actions Requested of Laboratories:

- Report any positive cultures of *Aeromonas* spp. since August 20, 2023 to the Alameda County Public Health Department via Electronic Laboratory Reporting (ELR)
- If unable to submit via ELR, please fax culture results to 510-273-3744 or email to acutecd@acgov.org

Resources:

[Sonoma County Health Alert](#)

[Sonoma County issues Health Advisory for Tough Mudder race participants \(ca.gov\)](#)