

HANTAVIRUS

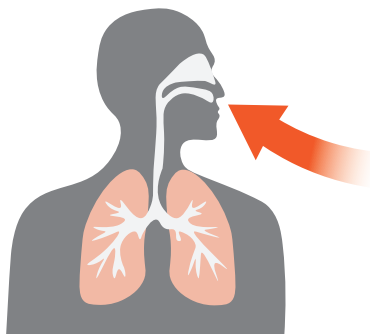
WHAT IS HANTAVIRUS PULMONARY SYNDROME (HPS)? HOW CAN I GET IT?



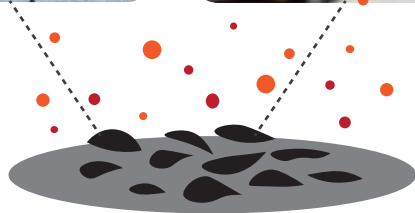
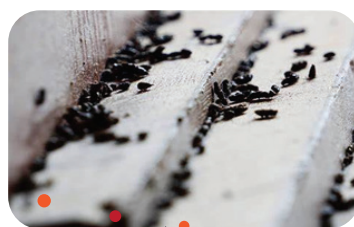
Brown & Gray Top

White Underbelly

Hantavirus Pulmonary Syndrome (HPS) is a severe, sometimes **fatal**, respiratory disease that is spread from rodents to humans. It cannot be passed from person to person.



The virus is in deer mice droppings, urine, saliva, or nesting materials. You can get infected by **touching or breathing in the virus**.



Rodent droppings are about the same size and shape of grains of rice.

WHAT ARE THE SYMPTOMS? CAN HPS BE CURED?

Flu or COVID-like symptoms may appear:

- Tiredness
- Chills
- Dizziness
- Headaches
- Nausea
- Vomiting
- Diarrhea
- Fever
- Aching muscles
- Abdominal Pain

4-10 days after first symptoms start, it can worsen to coughing, shortness of breath, and lungs filling with fluid.

There is no cure or vaccine for HPS. Only a medical exam and lab tests can tell you if you have HPS.



Nearly 2 in 5 people die from Hantavirus. **Early treatment increases your chances of survival.**

WHAT STEPS CAN I TAKE TO PREVENT HANTAVIRUS PULMONARY SYNDROME?

Hantavirus infections can occur all year, but most happen during spring. Look out for rodent activity when cleaning unoccupied vehicles and buildings.

Prevention steps include:

- **Airing out** closed sheds, buildings, and cabin for at least 30 minutes before cleaning or moving objects.
- **Cleaning up** rodent droppings, urine, saliva, nesting materials, and dead rodents.
- **Trapping** all mice that may already be in your home, shed, or cabin.
- **Sealing up** cracks, screens, holes or any openings as small as a dime inside and outside your home.
- Storing and disposing of unused food, including pet food. Do not leave food outside.
- Ridding of rodent shelters, such as outdoor

HOW TO CLEAN UP SAFELY



Always wear PPE before cleaning rodent material: HEPA or N95 mask, disposable non-latex gloves, goggles, and Tyvek suit (optional).

Wet clean with disinfectant. Avoid stirring up dust by sweeping or vacuuming. Mopping floor or spraying dirt floor

with disinfectant is safer. **Disinfectant solution can be made.** Mix 1-1/2 cup of bleach with 1 gallon of hot water.



Spray droppings, nests, and mice with disinfectant. Soak for at least 15 minutes.



Use paper towel to pick up materials. Use disinfectant again to wipe up.



Double bag all materials used in clean-up. Trash immediately.



Wash gloves and soak mouse traps in disinfectant, if reusing. Wash hands.

FOR MORE INFO, CALL TUBA CITY ENVIRONMENTAL HEALTH SERVICES AT (928) 283-2844.

