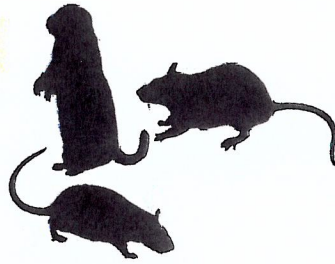


Protect Yourself from Hantavirus

SYMPTOMS

- Fever
- Severe muscle aches
- Fatigue
- Difficulty breathing
- Dizziness & chills
- Nausea, vomiting, & diarrhea



WHAT IS HANTAVIRUS?

Hantavirus was first discovered in 1993 in the "Four Corners" region of the United States -- an area shared by Arizona, New Mexico, Colorado, and Utah. The disease is carried by many types of mice, including the deer mouse and white-footed mouse. Animals do not show signs of being sick. The virus can cause hantavirus pulmonary syndrome (HPS) in humans.

HOW CAN I GET IT?

Hantavirus is spread by breathing in infected particles from rodent urine or droppings, as well as through direct contact with wild rodents, their urine, droppings, or nesting materials. Hantavirus is not spread person to person. Symptoms can occur within 1-5 weeks of exposure.

HOW CAN I PROTECT MYSELF?



~ Wear a mask and gloves when cleaning up rodent waste material.

~ Trap rodents around the home to reduce the population.

~ DON'T sweep up rodent droppings. Use wet disinfectant (1:10 bleach solution).



~ Avoid contact with sick or dead rodents.

~ Open windows for 30 minutes before cleaning.

~ Store food in rodent proof containers.

~ Seal holes in and around your home so rodents cannot enter.



~ If you experience signs of hantavirus, contact your doctor.

QUESTIONS? CALL



Local County
Public Health Department
OR
AZ Department of Health Services

Office of Infectious Disease
602-364-3676
www.azhealth.gov

Arizona
Department of
Health Services

Visit www.cdc.gov/hantavirus for more information