



How can I avoid getting Hantavirus?

Protect Yourself From Hantavirus



1 Identify Your Risk

People who work, play, or live near rodents can be at a higher risk. Activities that can put people at risk include:

- Entering sheds, cabins, barns, or other buildings where wild mice are living



- Cleaning or working in a shed or cabin that has been closed or sealed
- Sweeping or using air blowers indoors
- Handling live or dead wild mice

- Cleaning up mouse urine, droppings and nests without a respirator

Symptoms

The first symptoms usually develop 1-2 weeks after exposure to hantavirus

- Severe muscle aches
- Chills, fever or fatigue
- Headache or dizziness
- Nausea, vomiting, or stomach pain
- Difficulty breathing or coughing



If you think that you might have been exposed to hantavirus, contact your doctor immediately.



2 Prevent Hantavirus

- Open windows and doors of a potentially contaminated room for at least 2 hours to air out before cleaning
- Do not vacuum, sweep or dust, instead you should:

Use a Wet Cleaning Method:

1. Wear latex or rubber gloves, a face mask and eye protection



2. Spray contaminated items and surfaces with bleach and water solution (1 1/2 cups of bleach in 1 gallon of water).
Let soak for 15 minutes.



3. Afterward, mop up garbage into plastic trash bag. Rinse gloves in bleach solution and discard in plastic trash bag.



4. Tie trash bag and place it into a second trash bag. Tie off second trash bag and place in garbage can. Wash hands with soap and water.



3 Protect Your Home

One of the best ways of preventing exposure to hantavirus is to stop rodents from entering homes or cabins in the first place

Identify Signs of Activity

- Live or dead mice
- Nests
- Droppings and urine stains
- Holes and gnaw marks



Remove Habitat and Attractants

- Promptly remove uneaten pet food daily
- Keep garbage in tightly sealed containers and empty weekly
- Cut grass, weeds and bushes within 100 feet of buildings
- Raise wood piles at least 1 foot off the ground



Block Entry Points

- Seal all holes that are large enough for mice to squeeze through (dime size) with caulk or expanding foam
- Repair openings using 1/4 inch 18-22 gauge wire mesh

Trap

- Place mouse traps in areas where mice are entering the home
- Use spring-loaded "snap" traps along baseboards



What is hantavirus?

Hantaviruses are a group of viruses carried by certain wild rodents. Some hantaviruses can cause severe lung disease (Hantavirus Pulmonary Syndrome) and death in people. Hantavirus can infect anyone who comes in contact with the urine, saliva or feces of infected rodents. About 35% of people diagnosed with hantavirus in California have died.

Transmission

Infection occurs when microscopic particles of rodent droppings or urine become airborne and are inhaled. This can happen when sweeping up wild mouse droppings.

The virus does not spread from person to person.



The Vector

In California, the deer mouse (*Peromyscus maniculatus*) is the main carrier of hantavirus.



Deer mice are mostly found in rural areas, such as the desert and mountains.

Infected deer mice appear normal and healthy.

House mice do not carry hantavirus.

PREVENT HANTAVIRUS

County of San Diego



Vector Control Program

Prevent

...

Protect

...

Reduce Your Risk

For more information visit us online at SDVector.com



COUNTY OF SAN DIEGO
Department of Environmental Health and Quality
Vector Control Program
5570 Overland Avenue, Suite 102
San Diego, CA 92123
(858) 694-2888



Cover Photos and ID courtesy 1. Phil Myers, animaldiversity.org and 2. Whatiguana, Wikimedia Commons



Hantavirus

Prevent • Protect



Deer Mouse



California Mouse



COUNTY OF SAN DIEGO
Department of Environmental Health and Quality
Vector Control Program

WWW.SDVECTOR.COM

WWW.SDVECTOR.COM

WWW.SDVECTOR.COM