

## Symptoms Of Hantavirus

Symptoms usually appear 1 to 6 weeks after exposure to infected rodents or their droppings.

### Symptoms include:

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

If you experience any of these symptoms, contact your doctor immediately. Mention that you have been exposed to rodents.



## Treatment

The earlier you seek medical care for hantavirus infection, the greater your chances of recovery. Even though there is no cure for hantavirus, medical care can help reduce the symptoms while the you are getting better.

## Risky Activities

People who work, play, or live near rodents can be at higher risk. Risky activities include:

- Living in places that have been empty or unused for a long time
- Working in barns or out-buildings



Sweeping kicks up virus particles into the air

- Dry sweeping or using air blowers to clean unused structures
- Living in rodent infested areas
- Hiking or camping in places where rodents live
- Trapping or studying mice for research



Barns And Out-Buildings Harbor Rodents

## Watch a Video on Your Smartphone Now!

Download a QR Reader application from your smartphone then scan the QR code below to watch a short video about hantavirus. Go to [www.SDVector.com](http://www.SDVector.com) to learn more about QR codes.



For more information about hantavirus or other vector-borne diseases, contact San Diego County's Vector Control Program.

*County of San Diego*



*Vector Control Program*

5570 Overland Ave., Suite 102  
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[www.SDVector.com](http://www.SDVector.com)



# HANTAVIRUS

## Protect Yourself from Hantavirus



County of San Diego  
VECTOR CONTROL PROGRAM

## What Is Hantavirus?

Hantavirus is a rare but deadly disease that humans can catch from infected rodents. Hantavirus can infect anyone, and about 35% of people infected with the virus will die from it. Knowing about the virus and ways to prevent infection will help protect you.

Hantavirus is an airborne virus. Infection occurs when airborne particles from rodent droppings are inhaled. It is not spread from person to person.



Look for  
Mouse Droppings



Deer Mice

In the United States, deer mice are the main carriers of hantavirus.

In San Diego County, deer mice are found in rural areas, the desert, and the mountains. They can also be found in areas close to canyons or open space. House mice do not carry hantavirus.

Avoid contact with all wild rodents, as they may carry other viruses and diseases.

# Prevention

**Humans are infected by breathing in the virus. Take precautions to avoid the virus when you are in rodent infested areas. Prevent hantavirus by following these steps:**

**1** ***Do not*** vacuum, sweep or dust rodent droppings

**2** Air out buildings that have been empty for a long period of time by opening the doors and windows for at least 30 minutes

**3** **Clean using wet cleaning methods:**

- Make a disinfectant solution (9 parts water to 1 part bleach) or use a store-bought disinfectant (follow the label instructions)



**Wet Cleaning supplies include gloves, paper towels, disinfectant spray and face masks**

- Spray disinfectant on contaminated areas, dead rodents and rodent droppings and let them sit for 15-20 minutes before cleaning
- Wear face masks while cleaning to prevent breathing in virus particles
- Wear latex or rubber gloves while cleaning or handling dead rodents

**4** Place dead rodents, rodent droppings, nesting material and used cleaning materials into two sealed plastic bags and throw away immediately



Throw away rodents and anything they may have left behind in two sealed plastic bags

**5** After cleaning, wash your gloved hands, remove the gloves and dispose of them, then wash your bare hands as well



**Wash your hands twice: first with gloves on and next with gloves off.**

## Protect Your Home

One of the best ways to prevent exposure to hantavirus is to stop rodents from entering homes or cabins.

- Seal all holes that are large enough for mice to get through (dime-size or larger)
- Cover or pick up pet food dishes when they are not in use



- Store pet food in sealed containers
- Cover all trash cans with rodent proof lids



**Place traps against walls**

- Use mouse traps where there is evidence of mouse activity
- Remove woodpiles, old cars, trash and debris where rodents may live
- Store hay or firewood at least 100 feet away from buildings
- Cut grass, weeds and trim bushes within 100 feet of buildings

If you have paper or delicate materials that may have come into contact with hantavirus, disinfect them by placing them in sunlight for several hours or moving them to a rodent free area for several days.