

## HOW TO CLEAN UP RODENT DROPPINGS AND URINE.

1. Put on rubber gloves.

2. DO NOT stir up dust by sweeping or vacuuming up droppings, urine or nesting materials.

3. Next, thoroughly wet contaminated areas with a solution of 1 and 1/2 cups of household bleach in 1 gallon of water.

4. Pick up contaminated materials with a damp towel, then mop or sponge the area with disinfectant.

5. Spray dead rodents with disinfectant, then double-bag along with all cleaning materials, and place in regular trash.

6. Finally, disinfect gloves before taking them off. Also, wash hands after taking off gloves.



For more information on Hantavirus Pulmonary Syndrome (HPS), visit:

- The Centers for Disease Control and Prevention at <http://www.cdc.gov/ncidod/diseases/hanta/hps/index.htm> or at 1-877-232-3322.

Bernalillo County  
Planning & Development  
Services, Health Protection  
111 Union Square SE, Suite 300  
Albuquerque, NM 87102  
(505) 314-0310  
[www.bernco.gov](http://www.bernco.gov)



# HANTAVIRUS PULMONARY SYNDROME (HPS)



PREVENTION AND YOU

## WHAT IS HANTAVIRUS?

Hantavirus is a virus that causes a disease called Hantavirus Pulmonary Syndrome (HPS) in people.

## HOW DO PEOPLE BECOME INFECTED WITH HANTAVIRUS?

People become infected with the virus when they breathe in virus particles from rodent droppings, urine, saliva, nesting materials, or get bitten by an infected rodent.



## WHAT ARE THE SYMPTOMS?

### Early Symptoms—

Include fatigue, fever, and muscle aches in the large muscle groups—thighs, hips, back, and shoulders. Other symptoms include headaches, dizziness, chills, and abdominal problems, such as nausea, vomiting, diarrhea, and abdominal pain.

### Late Symptoms—

Four to ten days after the initial phase of illness, the late symptoms of HPS appear.

These symptoms are cardiac and respiratory failure, requiring that the patient receive intensive care.



## WHAT CAN I DO TO PREVENT HPS?

### Indoor Prevention—

- Keep a clean house. Pay special attention to the kitchen (wash dishes, clean counters and floors, keep food covered in tight lid containers).
- Keep garbage containers tightly closed, and discard uneaten pet food at the end of the day.
- Set and keep spring-loaded rodent traps near baseboards.
- Set EPA– approved rodenticides with bait under plywood or plastic shelter along baseboards. These are sometimes known as covered bait stations.

**CAUTION: Remember to follow product use instructions carefully, keep children and pets away from deadly poisons.**

- Seal all entry holes 1/4 inch wide or wider with lath screen or lath metal,

cement, wire screening or other patching materials, inside and out.

- Do not use vacuum cleaners to clean up rodent contaminated places as it may create aerosols

### Outdoor Prevention—

- Clear brush, grass and junk from around the house foundations.
- Use metal flashing around the base of wooden, earthen or adobe homes to provide a strong metal barrier. Install so that flashing reaches 12 inches above the ground and six inches down into the ground.
- Elevate hay, woodpiles, and garbage cans to eliminate possible nesting sites. If possible, locate them 100 feet or more from your house.
- Set rodent traps outside as well. Poisons or rodenticides may be used as well, but be sure to keep them out of the reach of children or pets.
- Encourage the presence of natural predators, such as non-poisonous snakes, owls and hawks.



## HOW IS HPS TREATED?

There is no specific treatment, cure, or vaccine for the hantavirus infection. However, infected individuals who do receive medical care, are more likely to respond to treatment for their respiratory difficulties.

