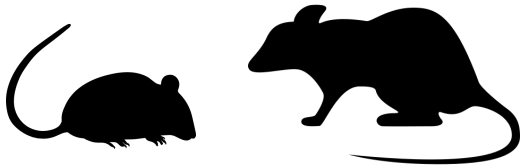




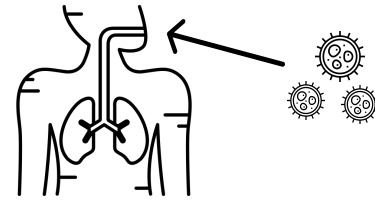
# Hantavirus

## Fact Sheet

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Hantaviruses are a group of viruses mainly carried by certain rodents. In the United States this includes some rats and mice. Hantavirus infection can cause different syndromes.



Hantavirus spreads by breathing in infected rodents' saliva, urine, droppings, or nesting materials that are in the air. It is rare that a rodent bite could cause hantavirus. It is typically not spread from person to person.

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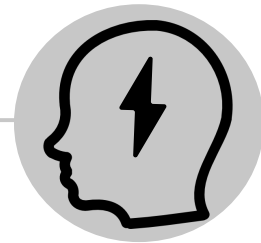
## Signs and Symptoms



Fever and Chills



Muscle Pain



Headache



Nausea and Vomiting



Diarrhea



Cough

Symptoms can also include dizziness. In severe cases, shortness of breath and cough could lead to a buildup of fluid in the lungs and severe lack of oxygen in the blood. Symptoms usually start one to eight weeks after exposure.

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Talk to your healthcare provider if you have any of these signs and symptoms after contact with rodents. There is no treatment for hantavirus.

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# Prevent Hantavirus

The best way to prevent hantavirus is to remove the food sources, water, and items that provide shelter for rodents.



## Seal Up

Seal off holes or gaps inside and outside the house



## Trap Up

Use snap traps to catch rats and mice



## Clean Up

Get rid of possible rodent food sources

To clean up evidence of rodents:



Open doors and windows to let fresh air in for at least 30 minutes **before** cleaning the area



Wear gloves and a dust mask **before** cleaning



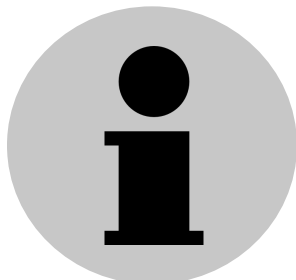
Never use a vacuum cleaner or broom to clean droppings or nesting materials



Spray rodent droppings with bleach and water and then use a paper towel to pick up urine and droppings

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## For More Information, Visit:



1. [www.maine.gov/dhhs/hantavirus](http://www.maine.gov/dhhs/hantavirus)
2. [www.cdc.gov/hantavirus](http://www.cdc.gov/hantavirus)
3. [www.cdc.gov/rodents](http://www.cdc.gov/rodents)

You can also call Maine CDC at 1-800-821-5821.