

SPRING CLEANING: PREVENTING HANTAVIRUS



Spring is in the Air: Tips for cleaning out your barn and other storage spaces.

What is Hantavirus?

- Severe and sometimes fatal respiratory disease.
- The primary carrier's of Hantavirus in Colorado are deer mice.

How can you get Hantavirus?

- You can get infected from deer mice that are infected. The mice shed the virus in their urine and droppings.
- You can become infected by breathing in the virus from dust and other small particles that get stirred up in the air that is contaminated with urine and droppings.

What are the Symptoms?

- Symptoms develop 1-2 weeks after exposure, but can be up to 6 weeks. You may experience flu-like symptoms initially.
- *Seek immediate medical attention if you experience the following symptoms:*

- fever/chills
- headache
- muscle aches
- nausea/vomiting/diarrhea
- abdominal pain
- dizziness



How can I prevent HantaVirus?

- **Eliminate/minimize contact** with rodents
- **Seal gaps and holes** around windows, doors and pipes to keep rodents out.
- **Set traps** and check them often.
- **Store food in tightly sealed containers.**
- **Remove nesting materials**
 - boxes, newspapers, woodpiles, etc.
- **Disinfect** any area that dead mice, mice droppings, urine and nests are found.
- **Cleaning Tips**
 - Air out space prior to cleaning.
 - Do not sweep or vacuum areas where mouse droppings and urine may be present.
 - Use wet cleaning methods.
 - Mops, sponges, etc. This will help to reduce aerosolizing the virus.
 - Wear an N95 Respirator to lower your risks of exposure.
 - Wear latex-free or rubber gloves while cleaning
 - Wash your hands with soap and water.
 - Disinfect contaminated area with a mixture of bleach and water or other disinfectant and allow to soak for at least 10 minutes.

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