

PREVENTING Hantavirus Pulmonary Syndrome (HPS)

What are the symptoms of HPS?

Early symptoms:

- Fever
- Headaches
- Muscle Aches
- Stomach Problems
- Dizziness
- Chills

Late symptoms:

- Lungs fill with fluid
- Shortness of Breath

Source: CDC

Early symptoms include fatigue, fever and muscle aches, especially in the large muscle groups—thighs, hips, back, and sometimes shoulders. About half of all HPS patients also experience headaches, dizziness, chills, and abdominal problems, such as nausea, vomiting, diarrhea, and abdominal pain.

Four to ten days after the initial phase of illness, the late symptoms of HPS appear. These include coughing and shortness of breath, with the sensation of, as one survivor put it, a "...tight band around my chest and a pillow over my face" as the lungs fill with fluid.

SEEK IMMEDIATE MEDICAL ASSISTANCE IF YOU ARE EXPERIENCING THESE SYMPTOMS

How can HPS be prevented?



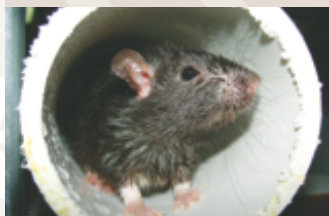
AIR OUT!

Air out closed-up buildings, homes, hogans, sheds and storage units before entering



SEAL UP!

Seal up holes inside and outside the home to keep rodents out



TRAP UP!

Trap mice until they are all gone



CLEAN UP!

WEAR RUBBER GLOVES

USE DISINFECTANT (or a mixture of water and bleach) to clean up nests and droppings



DON'T SWEEP up rodent droppings into the air where they can be inhaled

ELIMINATE FOOD SOURCES

- Keep food, garbage, animal feed and grains in thick plastic or metal containers with tight lids
- Clean up spilled food and dishes right away
- Always put pet food away after use



ELIMINATE POSSIBLE NESTING SITES

- Put hay, wood, and compost piles away from your home and other structures
- Get rid of trash and junk piles
- Keep yard well trimmed



For more information contact:

New Mexico Department of Health: 505-827-0006 or visit <https://nmhealth.org/about/erd/ideb/zdp/hps/>

CDC: www.cdc.gov/hantavirus/

Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC): www.aastec.net