



## **Hantavirus (HPS) has infected 3 people in King County causing 1 death, according to Public Health Insider – Seattle & King County.**

### **What are Hantaviruses?**

According to the Centers for Disease Control and Prevention, Hantaviruses are a group of viruses that, in North America, may be carried by deer and white-footed mice, as well as rice and cotton rats. Some Hantaviruses can cause a rare but deadly disease called Hantavirus pulmonary syndrome (HPS).

### **How do people get HPS?**

People get HPS when they breathe in Hantaviruses. This can happen when rodent urine and droppings that contain a Hantavirus are stirred up into the air. People can also become infected when they touch mouse or rat urine, droppings, or nesting materials that contain the virus and then touch their eyes, nose, or mouth. They can also get HPS from a mouse or rat bite.

### **What are the symptoms of HPS?**

1 to 5 weeks after being infected, people will typically have the following:

- Fever
- Severe muscle aches
- Fatigue

After a few days an infected person will have a hard time breathing and can have:

- Headaches
- Chills
- Vomiting
- Stomach pain
- Dizziness
- Nausea
- Diarrhea

### **How can HPS be prevented?**

Keep mice and rats out of your home. Clean up mouse and rat urine, droppings, and nesting materials with a disinfectant or a mixture of bleach and water.

**Clean-up tip:** Do not sweep or vacuum up mouse or rat urine, droppings, or nests. This will cause virus particles to go into the air, where they can be breathed in. Use rubber or plastic gloves, disinfectants or a bleach solution with paper towels and/or mops. Throw all trash in plastic bags and dispose of trash in secure covered bins.

### **For more information visit:**

CDC: [https://www.cdc.gov/hantavirus/pdf/HPS\\_Brochure.pdf](https://www.cdc.gov/hantavirus/pdf/HPS_Brochure.pdf)

Public Health Insider: <https://publichealthinsider.com/2017/04/04/a-new-case-of-hantavirus-suspected-in-king-county/>