

Preventing HANTAVIRUS PULMONARY SYNDROME in the Workplace



Deer mouse

What is hantavirus pulmonary syndrome (HPS)?

HPS is a severe and sometimes fatal respiratory disease. Sin Nombre virus (SNV) is the cause of HPS in the western United States. In California, **deer mice** are the primary carriers of SNV.

How do people get HPS?

People get HPS from infected deer mice, which shed SNV in their urine, saliva, and droppings. Exposure can include:

- Breathing in the virus when dust or other small particles of mouse urine or droppings are stirred up into the air
- Touching the eyes, nose, or mouth after touching an object or surface that is contaminated with rodent urine or droppings



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How can I prevent HPS?

You can help prevent hantavirus infection by keeping wild rodents out of your workplace.

SEAL holes and gaps around doors, windows, and pipes to keep mice out.



TRAP mice with snap traps (*do not use sticky traps*) – place traps next to a wall and routinely check to remove rodents that have been caught.



CLEAN your workplace:

- Reduce rodent food sources by storing food in tightly-sealed containers
- Remove materials that mice can use to make nests (including boxes, newspapers, and woodpiles)
- Disinfect areas where dead mice, droppings, or nests are found



Clean-up Tips:

1. Before starting any clean-up, air out the work space for at least 30 minutes.
2. **DO NOT** sweep or vacuum areas where mouse droppings, urine, or nests may be found.
3. Use only wet-cleaning methods, such as a mop or sponge, to reduce the chance of stirring up (aerosolizing) the virus.
4. Wear latex or rubber gloves during cleaning, and wash hands with soap and warm water when finished.
5. Spray contaminated areas with a 10% bleach solution, or use a disinfectant that kills viruses that is diluted according to the label instructions. Allow the solution to sit for 5 minutes or according to label instructions before cleaning up.