

Family Guide to Home Care TULAREMIA

If you or any member of your family has any of the following symptoms, go to the nearest hospital or treatment center **Now**. **Tularemia left untreated can be fatal.**

Symptoms of TULAREMIA include:

Sudden fever, headache, chills, cough, chest pain, sore throat, vomiting, diarrhea, abdominal pain, stiff neck, back pain

If you have been exposed or suspect exposure to **Tularemia**, go NOW to a public health dispensing site for preventive care.

What You Can Do To Help Protect Your Family

Tularemia is NOT contagious and is not spread person to person.

Avoid affected areas.

Avoid drinking, bathing, swimming or working in untreated water where wild animals are known to be infected.

Avoid bites of ticks, fleas and mosquitoes. Wear insect repellent while outside. Control ticks, fleas and mosquitoes around your home.

If you or your family members are hunters, be sure to **wear rubber gloves** when skinning or handling animals, especially rabbits.

Cook wild game, especially rabbits and rodents thoroughly before eating.

Discourage children from touching wild rabbits or other potentially infected animals.

Those who have been exposed or are sick should **seek treatment NOW**. People exposed to TULAREMIA may avoid becoming sick if they begin preventive medical treatment immediately. If you think you or anyone in your family may have been exposed and are not sick, seek treatment now.

Use Everyday Sanitation Techniques

Tularemia is **Not** contagious but is a serious health threat.

Using “common sense” sanitation techniques can lessen your chance of exposure.

Wash hands frequently, especially after eating or drinking, after using the bathroom facilities, and before and after EVERY contact with those who are sick.

Wash hands of those who are sick, especially after helping them use bathroom facilities, and before and after eating and drinking.

- Wash hands after EVERY contact with animals.
- Keep a separate laundry hamper for clothes, towels and bedding of those who are sick.
- Wash bed linens and clothing of those who are sick, frequently.
- Wash in a solution of 10 percent bleach and hot, soapy water.
- Use a 10 percent household bleach solution or standard hospital grade disinfectants for cleaning surfaces. Contact time should be 30 minutes.
- Disinfect bathroom and kitchen areas daily.

Care for Those Who Are Sick

Be sure the sick person takes any medication EXACTLY as prescribed.

Follow all instruction **Carefully**. If an allergic reaction occurs, consult a health care professional immediately.

See that those who are sick get lots of fluids such as water and juice.

Seek Help

If the person is having trouble breathing, go the closest hospital or treatment center **Now**.

Take Care of Yourself

You will not be able to care for others if you do not also care for yourself.

- Get plenty of rest, drink lots of liquids, maintain a healthy diet.
- If you are taking an antibiotic, follow all instructions and continue to take the medications for the length of time recommended. If you develop a fever or have flu-like symptoms, seek medical care immediately.

Where to Get More Information

- Stay tuned to local media for ongoing updates
- Centers for Disease Control and Prevention

Public Response Hotline

888.246.2675 (English)

888.246.2857 (Español)

888.874.2646 (TTY)

- Texas Department of State Health Services Web site
www.dshs.state.tx.us
- Centers for Disease Control and Prevention Web site
www.cdc.gov

- Northeast Texas Public Health District web site:
www.healthpreparedness.org