

# TULAREMIA

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## FAMILY GUIDE TO HOME CARE

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](http://www.dshs.state.tx.us)
- Centers for Disease Control and Prevention Web site  
[www.cdc.gov](http://www.cdc.gov)