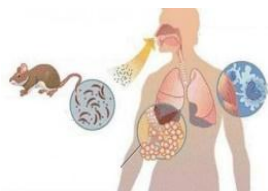


Hantavirus



Hantavirus is a rare disease, but it requires special attention. It is mainly spread by infected rodents. People can get it by breathing in particles from rodent urine, saliva, or droppings, especially in closed or poorly ventilated places. This disease mainly affects the lungs and, in some cases, the kidneys.

What are the most common symptoms?

- Fever
- Muscle pain
- Headache
- Tiredness
- Difficulty breathing

The list shown does not include all possible symptoms, as they may vary, but these are the most common ones. If you develop symptoms after possible exposure, you should seek immediate medical attention.

How is hantavirus transmitted?

- It is mainly transmitted by inhaling particles contaminated with urine, saliva, or droppings from infected rodents.
- Touching contaminated surfaces or dust in closed spaces can also cause infection.
- The risk increases in poorly ventilated areas infested with rodents.
- Hantavirus does not spread easily from person to person.

How is it diagnosed?

Diagnosis is made through a clinical evaluation and laboratory tests ordered by a healthcare professional, based on the symptoms and possible exposure.

Treatment

- The treatment depends on how severe the symptoms are and must always be indicated by a doctor. In serious cases, the person may need to stay in the hospital and use special equipment to help them breathe.
- Early medical care is key to improving the expected outcome.

Prevention

Keep spaces clean and well-ventilated.	
Avoid direct contact with rodents or their droppings.	
If you find dry droppings, do not sweep them. Moisten them with disinfectant before picking them up to prevent dust from spreading.	
Use gloves and a mask when cleaning contaminated areas.	
Store food in sealed containers.	
Seal possible entry points for rodents in the home.	

Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that may arise during and after your treatment, please visit your primary care doctor or contact the following telephone lines.

Medical Advice Line 1-844-347-7801

TTY/TTD 1-844-347-7804

APS Health 787-641-9133

Reference

<https://www.salud.pr.gov/hantavirus>

Prepared by licensed Health Educators.

Created in May 2026.

©First Medical Health Plan, Inc.