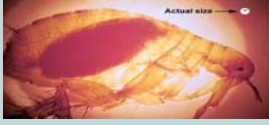







Zoonotic Diseases in Montezuma County

Disease	Reservoir Agent / Vector	Incubation and Transmission	Signs and Symptoms	Prevention
Plague	Flea / Rodent Bacteria: <i>Yersinia pestis</i> 	2-6 Days Through flea bite or direct contact with infected animal	<ul style="list-style-type: none"> Sudden fever and chills Severe headache Muscle aches Nausea & vomiting Extreme exhaustion Enlarged tender lymph node (bubo) 	<p>AVOID fleas and protect pets with flea powder</p> <p>PREVENT rodent infestation</p> <p>TREAT known rodent sites around your home</p> <p>AVOID sick or dead animals</p> <p>*Can be treated with antibiotics</p>
West Nile Virus	Culex Mosquito/ Bird Virus: <i>Flavivirus</i> 	3—14 Days Through the bite of an infected mosquito	<ul style="list-style-type: none"> Mild: (80% no symptoms) Fever, headache, body aches, nausea and vomiting and occasionally rashes or swollen lymph nodes Severe: Muscle weakness, high fever, neck stiffness, disorientation, coma, convulsions, paralysis, encephalitis, meningitis 	<p>DRAIN standing water around the house weekly</p> <p>DUSK & DAWN are when mosquitoes are more active so limit outdoor activities or take prevention to avoid mosquito bites</p> <p>USE insect repellent that contains Deet, Picaridin or Oil of Lemon Eucalyptus</p> <p>DRESS in long sleeves and pants during dawn and dusk</p>
Hantavirus	Deer Mouse Virus: <i>Sin Nombre Virus</i> 	Varies from 1-5 weeks Through inhalation of the virus or direct contact with rodents, their droppings or nests	<ul style="list-style-type: none"> Early: Fever, chills, headache, severe muscle pain, especially in the lower back and legs, severe abdominal pain, joint pain, possibly nausea and vomiting Late: Shortness of breath, coughing 	<p>RODENT proof house, shops and barns</p> <p>ELIMINATE food sources</p> <p>LIMIT nesting sites</p> <p>PRACTICE continuous rodent control</p> <p>USE CAUTION when cleaning rodent-infested buildings. Use bleach and water (1 cup of bleach per gallon of water)</p>
Rabies	Infected Carnivore (skunk, dog, cat ,bat) Virus: <i>Lyssavirus</i> 	Typically 1 to 3 months Through bite of a rabid animal	<ul style="list-style-type: none"> Early: Flu-like signs: fever or headache, discomfort Late: Neurological symptoms, anxiety, confusion, agitation, progressing to delirium, abnormal behavior, hallucinations, and insomnia. Almost always fatal 	<p>AVOID contact with wild animals such as bats, raccoons, foxes and skunks</p> <p>IMMUNIZE pets</p> <p>PRE EXPOSURE vaccination for high risk individuals</p> <p>POST EXPOSURE vaccination for those exposed to rabies</p>
Tularemia	Ticks, Rabbits Bacteria: <i>Francisella tularensis</i> 	3 to 5 days Through bite or direct contact with infected animal, inhalation of bacteria or eat/drink contaminated food or water	<ul style="list-style-type: none"> Sudden fever and chills Headaches Diarrhea Muscle aches Joint pain Dry cough Progressive weakness May have enlarged lymph nodes, ulcers 	<p>USE insect repellent that contains Deet or Oil of Lemon Eucalyptus on your skin, or clothing</p> <p>WASH your hands often with soap and warm water</p> <p>HUNTERS must take extra precautions</p> <p>COOK food thoroughly</p> <p>*Can be treated with antibiotics</p>
Colorado Tick Fever	Tick Virus: <i>Coltivirus</i> 	4-5 days Through the bite of an infected tick	<ul style="list-style-type: none"> Sudden fever Sweating Severe muscle aches Chills Joint stiffness Nausea/Vomiting Sensitivity to light Severe headache Occasional faint rash 	<p>AVOID tick infested areas</p> <p>WEAR long sleeved shirt, hat, long pants</p> <p>USE insect repellent that contains Deet or Oil of Lemon Eucalyptus on your skin, or clothing</p> <p>DO head to toe tick checks</p> <p>REMOVE embedded tick</p>