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material; houseflies may be a vector, as the organism has been isolated in them. Campylobacter is
shed in animal feces for at least six weeks after infection. Symptoms in humans are acute
gastrointestinal illness: diarrhea with or without blood, abdominal pain, and fever.
Campylobacteriosis may cause pseudoappendicitis and, rarely, septicemia and arthritis. Usually it is a
brief self-limiting disease that can be treated with antibiotics.

Leptospirosis: Leptospirosis is a bacterium found in many animals but most is commonly associated
with livestock and dogs. The source of infection can be from rats, mice, voles, hedgehogs, gerbils,
squirrels, rabbits, hamsters, reptiles, dogs, sheep, goats, horses, and standing water. Leptospires are
in the urine of infected animals and are transmitted through direct contact with infected urine or
tissues via skin abrasions or contact with mucous membranes. Transmission can also occur through
inhalation of infectious droplet aerosols and by ingestion. The disease in humans is a multi-systemic
disease with chronic sequelae. An annular rash is often present with flu like symptoms. Cardiac and
neurological disorders may follow and arthritis is a common end result.

Hantavirus Infection: Hantavirus occurs mainly among the wild rodent populations in certain
portions of the world. Rats and mice have been implicated in outbreaks of the disease. A Hantavirus
infection from rats has very rarely occurred in laboratory animal facility workers. Hantaviruses do
not cause apparent illness in their rodent hosts. The host does, however, remain persistently
infected for life and may shed virus for weeks in respiratory secretions, saliva, urine, and feces.
Transmission to humans is via inhalation of infectious aerosols or dust. The bites of infected rodents
may also transmit the disease, as virus is shed in the saliva. The form of the disease that has been
documented after laboratory animal exposure is characterized by fever, headache, myalgia (muscle
aches), and petechiae (rash) and other hemorrhagic symptoms including anemia and gastrointestinal
bleeding. Different strains of Hantaviruses infect different host species, and the different strains
cause different clinical syndromes.

Other Bacterial Diseases: There are several other bacterial diseases that are possibly, though rarely,
spread through working with laboratory rodents. Tedd-5(raWec)9(tbm
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B2rb8Y12(m)-urr)1ia[(a0 0 176c1(o)-58n)-7(f)12ac also 405 0 0 ET

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 Wet your hands with clean running water (warm or cold) and apply soap.
 Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of
your hands, between your fingers, under your nails, and up your forearms.
 Continue rubbing your hands and arms for at least twenty seconds (the time it takes to sing the
"Happy Birthday" song from beginning to end twice).
 Rinse your hands and arms well under running water.
 Dry your hands and arms using a clean towel or air dry.
Washing hands with soap and water is the best way to reduce the number of germs on them. If soap
and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but
sanitizers do not eliminate all types of germs. To use hand sanitizer effectively:
 Apply the product to the palm of one hand (read the label to learn the correct amount).
 Rub your hands together.
 Rub the product over all surfaces of your hands and fingers and up your forearms until they are
dry.
Note that hand sanitizers may not be as effective when hands are visibly dirty.
Wear Personal Protective Equipment (PPE): When working with rodents or when handling animal
tissues, body fluids, and waste, wear appropriate gloves for the task and wash your hands after
removing gloves. Wear a dust mask or respirator when there is a risk of aerosol transmission of a
zoonotic agent or when there is a medical history of allergies. (The Office of Environmental &
Occupational Safety (OEOS) will assist if you need a respirator.) Wear dedicated protective clothing such
as an apron or lab coat when handling animals and cleaning their cages. Launder the soiled clothing
separately from your personal clothes.
Practice Good Hygiene: Cover abraded skin, cuts, scrapes or sores and do not allow wound contact
with rodents, tissues or fluids, or contaminated housing materials. Avoid touching your face, eyes,
nose, or mouth with unwashed hands or contaminated gloves. Never eat, drink, use tobacco products,
or apply makeup in animal facilities or while handling animals.

Maintain the Work Environment: Keep animal areas clean and disinfect equipment after using it on
animals or in animal areas. Use cleaning techniques that do not aerosolize contaminated materials.

Seek Medical Attention Promptly: If you are injured on the job when handling rodents or contaminated
materials, promptly report the accident to your supervisor, even if it seems relatively minor. Clean any
minor cut or abrasion immediately with antibacterial soap, and protect it from dirt and animal
secretions until it has healed. Seek medical assessment and referral for treatment for more serious
injuries