

# LASSA FEVER: Dos and Don'ts

## Dos

Make your home and environment unattractive to rats



Keep foods away from the reach of rats

Use rat-proof containers to store your foods



Maintain high level of hygiene. Keep dustbins well covered and away from foods

Wash fruits and vegetables properly using cool, clean running water before cutting, cooking or eating.



Store your fruits away from rats or rodents .

Clean up spilled food right away and wash dishes and cooking utensils soon after use. Keep outside cooking areas and grills clean. Always put pet food away after use and do not leave pet-food or water bowls out overnight.

Make it a habit to wash your hands properly with soap and running water as often as possible especially after using the toilet, touching objects and before food. Where there is no access to soap and water, use authentic alcohol-based hand sanitiser



If you have any symptom that may suggest Lassa fever please seek medical help promptly

Protect yourself when caring for the sick. Shield yourself from direct contact with body fluids such as blood and excrement.



## **DON'TS OF LASSA FEVER**

Don't eat foods exposed to rats or left-overs of rats



Avoid direct contact with rat excrement

### **Rat control measures**

Seal up holes inside and outside the home to prevent entry by rodents

Before cleaning up a rat infested area, ventilate the space by opening the doors and windows for at least 30 minutes to allow fresh air to enter the area. Use cross-ventilation and leave the area during the airing-out period. It is important that not to stir up dust by sweeping or vacuuming up droppings, urine, or nesting materials.



Use bleach solution of 1 part bleach to 10 parts water to clean up infested areas. Wash any bedding and clothing with laundry detergent in hot water if exposed to rodent urine or droppings. Wear rubber, latex, or vinyl gloves when cleaning up dead rodents, nests or rat infested areas.

All persons with any of the symptoms in a community where disease has been confirmed above should be taken to the health facility for treatment immediately to prevent further spread of the disease.



For more information, contact your pharmacist @ Drug Information Centre (DIC), Association of Community Pharmacists of Nigeria (ACPN), 52A Ikorodu Road, Fadeyi, Lagos, Nigeria.

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