

## Chapter 4

# Prevention of Rodent-Borne Diseases

Contraction of rodent-borne diseases can be prevented by:

- Inspecting for activities of rodents as well as their ectoparasite in the premises and the areas around regularly. Prompt rodent /ectoparasite disinfestations should be arranged once rodent signs or the relevant pest infestation are noted;
- Avoiding feeding stray animals.
- Disinfecting all items contaminated by rodent and their excreta with general household disinfectant;
- Keeping the premises well ventilated, clean and tidy;
- Avoiding direct contact with excreta, placental tissues and birth fluids of animals particularly rodents as well as dead rodents;
- Trimming the vegetation regularly to discourage rodent and pest infestation;
- Wearing light-colored long-sleeved clothes and long trousers when visiting rural areas;
- Tucking pants into socks or boot tops for walking in vegetated areas;
- Applying insect repellent containing 10% - 30% concentration of DEET (N, N-diethyl-metoluamide) on the clothes and exposed parts of the body. Close attention should be paid to the product label, especially regarding the use for children;
- Avoiding applying odour-producing cosmetics such as perfume/body lotion during outdoor activities;
- Avoiding sitting or lying on scrubby areas;
- Avoiding hanging or leaving clothes on trees, scrubs or grasses;
- Avoiding brushing the long grasses beside the paths;
- Avoiding wading in stream water in the rural area when body abrasion is noted;
- Avoiding wading in polluted water without putting on long water-proof boots and rubber gloves.