

PREVENT

Rat Lungworm Disease

Safe eating is healthy eating



WASH PRODUCE. Rinse and rub all fruits and vegetables thoroughly under running water. Check single leaves of leafy vegetables carefully for tiny slugs and snails. Whether produce is from a farmers' market, pre-washed from a store, or fresh from a garden, rinse it carefully before eating.



KILL SLUGS & SNAILS. Apply slug bait according to label directions. Keep pets and children away from the poison. Throw away dead slugs and snails. Do not touch them with your bare hands; use gloves.



CONTROL RATS. Use bait and traps to catch rats. Follow label directions. Keep pets and children away from the poison. Put dead rats in a sealed plastic bag and throw away. Keep your property clean to keep rats away.



COOK FOOD. Thoroughly cook freshwater prawns, frogs, crayfish, snails, and crabs by boiling them for 3-5 minutes or heating to 165 degrees Fahrenheit for at least 15 seconds. Cooking fruits and vegetables also prevents infection.



COVER TANKS & CONTAINERS. Cover and protect your catchment tank. Slugs can crawl up the tank and get into the water. Always cover drink containers to stop slugs and snails from crawling inside.

How people get sick from rat lungworm

1. Infected rats pass the worm in their droppings.



2. Slugs and snails get the worm by eating rat droppings. Freshwater prawns, frogs, crayfish, snails, and crabs get the worm by eating slugs or snails.



3. People get sick accidentally by eating tiny slugs or snails on unrinsed, raw produce. People can also get sick from eating undercooked slugs, snails, or freshwater prawns, frogs, crayfish, or crabs.



SIGNS & SYMPTOMS



Not everyone will have the same symptoms. They usually start 1 to 3 weeks after infection. Illness can last for 2 to 8 weeks or longer.

- Severe ongoing headache
- Nausea and vomiting
- Neck and back stiffness
- Tingling or painful skin
- Low-grade fever
- Although rare, coma and death

Children may have behavioral changes such as unusually bad temper, mood changes, or extreme tiredness.

See your doctor as soon as possible if you think you may have been infected.



For more information
call the Disease Reporting Line
(808) 586-4586
or visit: www.health.hawaii.gov

We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call our Affirmative Action Officer at P.O. Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4614 (voice) within 180 days of a problem.