

MONOGRAM

MAY 2023



Spring Cleaning

As we enter Spring conditions following the recent extreme weather events, **Mono County Public Health** encourages residents to prepare with “Spring Cleaning!”

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Preparedness



Focus on Systems and Safety

- Check the roof for any holes or missing shingles
- Inspect your deck for rotting or winter damage
- Test smoke detector and CO2 batteries
- Check screens and windows for animal bites and holes
- Check electrical cords for fraying

MONOGRAM

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Mold

Household mold is of local concern as a byproduct of the extreme weather events experienced this past winter. Mold produces allergens and can cause health problems. Although mold is naturally found in the indoor environment, it won't grow without moisture. The key to mold control is moisture control.

Control Mold and Moisture:

- Reduce humidity: use exhaust fans or open windows in kitchens and bathrooms, and use air conditioners or dehumidifiers as needed.
- Prevent condensation by reducing humidity, increasing ventilation, or raising the indoor air temperature.
- Completely dry any damp or wet surfaces within 24-48 hours, and fix the source of the water problem or leak.

Mold Prevention Tips:

- Recommended Thermostat Settings
 - Summer: 76
 - Winter: 72
 - Fan: Auto
- **Air Vents:** Keep items 6ft from the HVAC unit; Do not block or close air vents
- **Bathroom Fan:** Turn it on for 30 minutes before and after bathing
- **Air Circulation:** Ensure good air circulation by reducing clutter and excessive contents
- **Doors/Windows:** Exterior doors/windows should not remain open for extended periods

MONOGRAM

MAY 2023

Hantavirus

What is Hantavirus Pulmonary Syndrome (HPS)?

Hantavirus Pulmonary Syndrome (HPS) is a potentially severe disease of the lungs that was first recognized in 1993 in the "Four Corners" area (where Utah, Colorado, Arizona, and New Mexico meet) of the southwestern United States (U.S.). Although there are many types of hantaviruses in the U.S., Sin Nombre Virus (SNV) is the specific hantavirus that causes HPS in the western U.S. The Eastern Sierra has been the source of most cases identified in California. HPS is a rare, but often fatal disease.

What are the signs and symptoms of HPS?

Typically, infected persons develop symptoms one to two weeks after exposure. Early symptoms of HPS include fever, headache, and muscle aches, especially in the thighs, hips, back, and shoulders. Other early symptoms include dizziness, chills, nausea, vomiting, diarrhea, and abdominal pain. After two to seven days of these symptoms, patients develop breathing difficulties ranging from cough and shortness of breath to severe respiratory failure. Approximately 40 percent of HPS patients die from the disease.

How do you get HPS?

Infected rodents shed hantavirus in their urine, droppings, and saliva. Most patients become infected by breathing air contaminated with aerosolized rodent urine or droppings, such as cleaning out a rodent-infested space.

Individuals can also be infected by:

1. Consuming food contaminated with rodent urine or droppings
2. Touching surfaces where rodents have been, and then putting their hand in their mouth;
3. Being bitten by an infected rodent.

What is being done locally to prevent human cases?

Mono County Public Health and Environmental Health staff respond to and investigate hantavirus cases in Mono County (in collaboration with the California Department of Public Health, Vector Borne Disease Section). These Departments also provide education and materials to the local and visiting public about HPS, including methods to minimize risk.

Additional details and proactive tips on avoiding HPS can be accessed [here](#).

MONOGRAM

MAY 2023

Ready Mono



READY Mono is Mono County's emergency preparedness campaign and web portal, designed to provide residents and visitors with emergency readiness, response, and recovery. READY Mono provides real-time information and critical updates before, during, and after an emergency or natural disaster. Examples of these events include COVID-19 (Coronavirus), Public Safety Power Shutoffs, extreme winter events, and wildfires.

The READY Mono portal can be accessed [here](#) and under the "READY Mono" icon on the Mono County homepage.

Zonehaven

Mono County has invested in the Zonehaven Evacuation System (Zonehaven). Zonehaven is an interactive app-based software system that provides real-time updates on local emergencies to communicate with targeted communities as it relates to evacuation orders.

"Know Your Zone" is a community awareness campaign to introduce residents and visitors to their evacuation zones. Visit the [Zonehaven webpage](#) on the READY Mono portal and type in your address to identify your zone!

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Resources



READY Mono: ready.mono.ca.gov/

LADWP: ladwpeasternsierra.com/

The Centers for Disease Control and Prevention (HPS):
cdc.gov/ncidod/diseases/hanta/hps/index.htm

The California Department of Public Health (HPS):
cdph.ca.gov/Programs/CID/DCDC/pages/hantaviruspulmonarysyndrome.aspx

CDPH (Mold):
cdph.ca.gov/Programs/CCDPPH/DEODC/EHLB/AQS/Pages/Frequently-Asked-Questions-about-Mold.aspx

