

WHAT ARE RODENTS, AND WHERE WILL I FIND THEM?

Rats, mice, squirrels, and voles are rodents. Rats and mice will often seek food and shelter in your unit areas. Rodents are active year round in the Balkan Theater in both rural and urban environments.

WHY SHOULD I BE CONCERNED ABOUT RODENTS?

Rodents should not be tolerated within the unit area. Hantavirus is a disease that may result from the inhalation of dust contaminated by infected rodent feces or urine. Rodents may transmit rabies through biting or scratching. Rodent feeding and nesting activities can also contaminate food supplies or damage materials and equipment..



HOW DO I PROTECT MYSELF?

You can reduce your chance of getting a disease from rodents by:

- * Maintaining a high state of sanitation throughout your unit area. Frequently remove trash and eliminate water sources.
- * Avoiding areas where rodents are present.
- * Excluding rodents from entering unit areas. Seal openings 1/4 inch or greater in exterior walls.
- * **Avoiding inhalation of dust when cleaning** previously unoccupied areas. Mist these areas with water prior to sweeping or mopping.
- * Removing promptly any dead rodents from the area. Use disposable gloves, or plastic bags over the hands when handling dead rodents. Place all dead rodents into a plastic bag prior to disposal.
- * Never attempting to feed, handle or keep wild or stray animals as pets or mascots.
- * Using the **DOD REPELLENT SYSTEM** to protect yourself from ticks, fleas and mites which may be carried by rodents.
- * Immediately seeking the attention of medical personnel in case of any rodent or animal bites and scratches.

USE CHAIN OF COMMAND TO CONTACT PVNTMED PERSONNEL FOR ASSISTANCE IN CONTROLLING TICKS AND RODENTS.

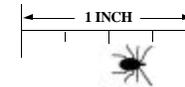
AVOIDING TICK AND RODENT-BORNE DISEASE IN THE BALKAN THEATER

WHAT ARE TICKS, AND WHERE WILL I FIND THEM?

Ticks are small, oval shaped, flat 6-8 legged animals which depend on the blood of animals for food. Ticks attach themselves to your skin with their mouthparts. Ticks are present, theaterwide, mainly in forested areas, meadows, and river valleys, both in rural areas and around city suburbs. Ticks are active from early spring to late autumn.



One of the most common ticks in the Balkan Theater, the Sheep Tick, *Ixodes ricinus*, may carry TBE and Lyme Disease.



ACTUAL SIZE OF ADULT

SHOULD I BE CONCERNED ABOUT TICKS AND TICK BITES?

You may become ill from the bite of a tick. Only infected ticks, which have attached to your skin, can transmit disease. Ticks commonly found in the Balkan Theater may be infected with one of the following diseases:

- * **Tick-Borne Encephalitis (TBE):** Viral infection, which may cause swelling of the brain, initial symptoms include headache, nausea, vomiting and fever.
- * **Lyme Disease:** Bacterial infection, causing flu-like symptoms, including headache, stiff neck, fever, joint and muscle pain, often accompanied by a rash at the site of the bite.
- * **Crimean-Congo Hemorrhagic Fever (CCHF):** Viral infection, causing fever, fatigue, headache and severe pain in the limbs, often accompanied by a body rash.

IF YOU HAVE A FEVER, CHILLS, RASH, OR FLU-LIKE SYMPTOMS, SEEK MEDICAL CARE IMMEDIATELY



US Army Center for Health Promotion and Preventive Medicine, Aberdeen Proving Ground, MD 21010-5422

HOW DO I PROTECT MYSELF?

You can reduce your chance of a tick bite by:

- * Checking for ticks frequently on clothing and skin, using the buddy system.
- * Knowing that ticks may be especially abundant in overgrown pastures and woodland edges.
- * Using the **DOD REPELLENT SYSTEM**:



Apply permethrin repellent to uniform IDA Kit, NSN 6840-01-345-0237

Apply DEET cream on all exposed skin, NSN 6840-01-284-3982

Wear uniform properly: Pants tucked into boots, sleeves down, undershirt tucked into pants.

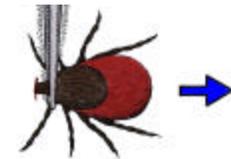
REMEMBER THAT PERMETHRIN IS ONLY FOR USE ON CLOTHING, NEVER ON SKIN. ALWAYS READ AND FOLLOW THE REPELLENT LABEL DIRECTIONS.

WHAT DO I DO IF I FIND A TICK ATTACHED?

Not all ticks are infected with disease, so a tick bite does not necessarily mean that disease will follow. However, prompt and proper removal of a tick will lessen any chance of disease transmission.

FOLLOW THESE STEPS:

- * If you find a tick embedded in your skin, **DO NOT SQUASH, BURN, OR APPLY SUBSTANCES SUCH AS OILS OR REPELLENTS.**
- * If possible, report to medical personnel to have the tick removed.
- * Use tweezers to grasp the tick's mouthparts as close to your skin as possible, and pull it straight outward.
- * **PULL SLOWLY, FIRMLY, AND STEADILY. BE PATIENT.** The tick's mouthparts are long and covered with tiny barbs. This can make it difficult to remove.
- * Wash the site of the bite and apply an antiseptic.
- * Save the tick, if possible, and turn it over to unit medical personnel.



ARE TICKS THE ONLY "BUGS" I NEED TO WORRY ABOUT?

Mosquitoes, sand flies, fleas, mites, biting flies, and lice may also present a disease threat in specific locations. You can effectively protect yourself against these health concerns by using the **DOD REPELLENT SYSTEM** and maintaining good personal hygiene.