

KEEP CALM

EAT, GROW, & BUY

FRESH FRUITS & VEGGIES!



Celebrate
the Bounty of
Hawai'i!

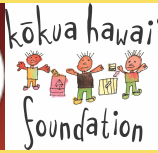


ENJOY LOCAL HARVESTS & BEFORE YOU EAT FRESH FOOD:

CHECK - Carefully check fruits and vegetables for slugs/snails/flatworms (if these are found on any part of the produce, don't eat any of it);

CLEAN - Wash your fruits & veggies thoroughly with potable running water. Separate (wash & dry) each leaf. Always wash your hands with soap & water.

COOK - Where there is concern about contamination, cook until 165 °F (boil or steam for 5 min).



NATIONAL
FARM to SCHOOL
NETWORK
HAWAII

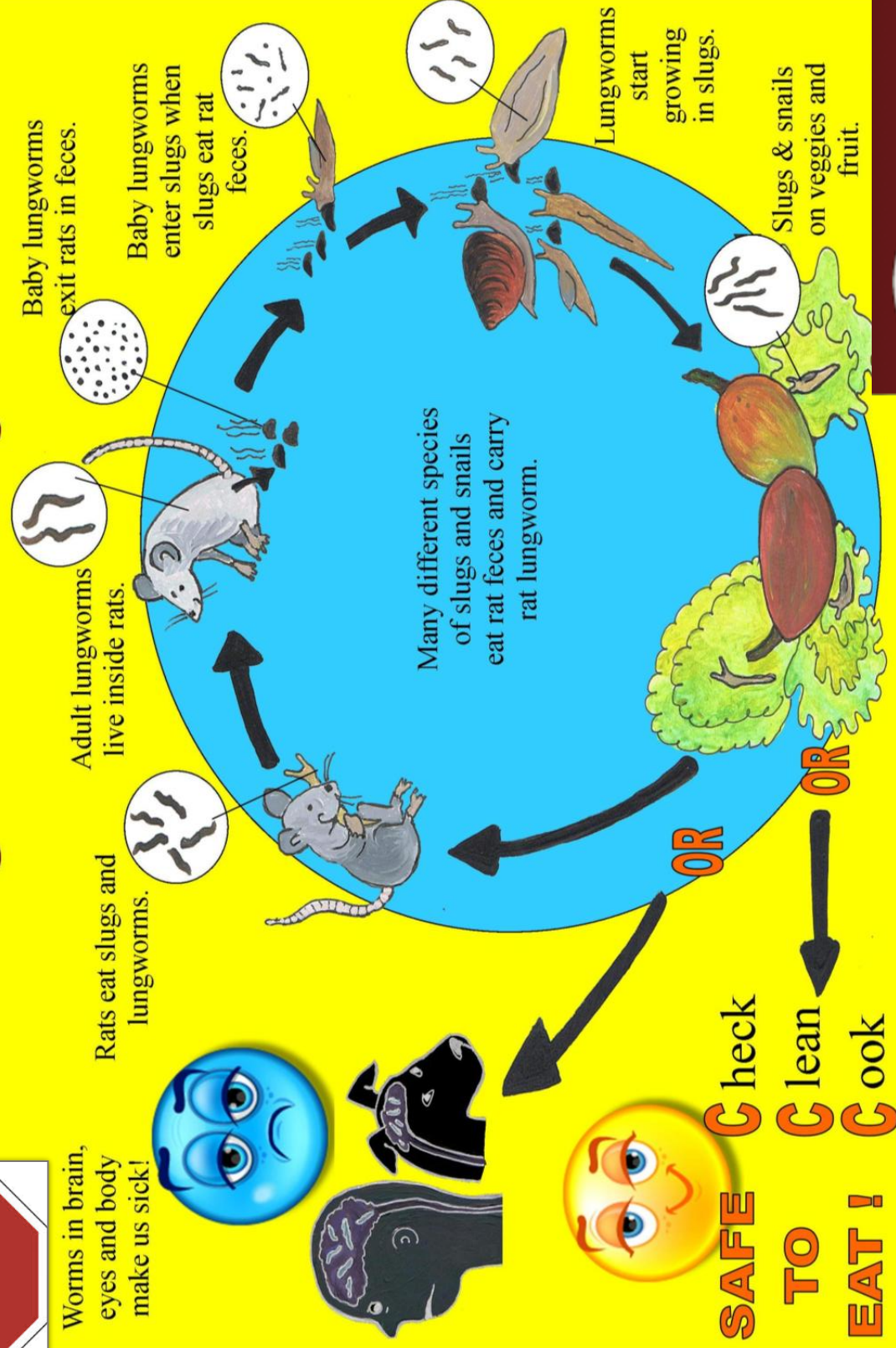
Hawai'i Farm to School
and School Garden Hui

Coordinated Through The Kohala Center





Rat Lungworm Lifecycle



FOR MORE INFORMATION ON RAT LUNGWORM, VISIT:
http://health.hawaii.gov/docd/disease_listing/rat-lungworm-angiostrongyliasis/



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This publication was produced by the College of Pharmacy Rat Lungworm Working Group (Dr. Susan Jarvi, Kathleen Howe, Steven Jacquier, LaTasha Riddick, Akio Yanagisawa and Jill Villarosa).

Special thanks to Dr. Pascale Creek Pinner, Esther Kanehailua and the many second grade teachers for their valuable input.

Financial support for this publication was provided by the UH Hilo Daniel K. Inouye College of Pharmacy and a congressionally directed award from the Department of Education.

Design & Illustrations by: Cheryl "Hopper" Sheldon Hopper's Art



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PREVENT RAT LUNGWORM AT HOME

Larvae from squashed slugs can infect other worms and slugs. Dispose of slugs properly.

1. Never pick them up with your hands, always wear gloves or use tongs.

Disposable chopsticks work well.



2. Prepare a 'slug-jug' with a 15% salt solution: *1 1/8 cups sea or rock salt in 1/2 gallon water*

3. When you find slugs, place them in the slug-jug for at least 24 hours.

As the slugs drown larvae will escape. They can live in a wet environment for a long time, but the salt will kill them.



Things we can do to be healthy:

* **Carefully clean and check fruits and vegetables before eating them.**

* **Bring in pet food and water dishes at night.**

Animals can get rat lungworm too. A slug or snail might crawl into the dish and be eaten by your pet.

* **Clean up litter, such as old plastic flowerpots.**

Slugs and snails like to hide inside and underneath plastic.

* **Clean up fallen fruits and vegetables.**

Rats and slugs love to eat them.

* **Educate family and friends:**

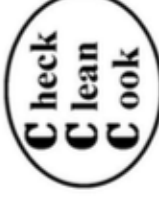
Teach them what you've learned and spread the news.

* **Slug and rat control.**

Reducing host numbers helps our families & pets to stay healthy.

* **Stay away.**

Don't touch slugs and snails.



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