



# EXPLORE SAFELY: LEPTOSPIROSIS PREVENTION



## 01 What is Leptospirosis?

Leptospirosis is a bacterial disease that affects humans and animals.

## 02 Transmission and Exposure

- Swimming and/or being in contact with freshwater puddles, ponds, streams, wet soil, or plants contaminated with animal urine or direct contact to urine, blood, or tissues from an infected animal.
- Bacteria enters the body through open wounds or port of entry (i.e. mouth, nose, or eyes)
- Rarely spread from person to person.

## 03 Signs and Symptoms

- Flu-like symptoms
- Can include fever, chills, muscle aches, rash, jaundice (yellowing skin and eyes), headache, red eyes, abdominal pain, vomiting, and diarrhea.
- Can become ill from 2 days to 4 weeks after being exposed.

## 04 Prevention

- Avoid swimming or wading in freshwater streams or ponds, especially if you have an open cut or sore.
- Avoid swimming with head underwater to decrease exposure through eyes, nose, and mouth.
- Do not drink pond or stream water without boiling or chemically treating it.

## 05 Consult a Provider

Contact a healthcare provider if you have symptoms and may have been exposed to contaminated water

