

Protect Yourself from Leptospirosis

Leptospirosis is an infection caused by the bacteria *Leptospira*. Many types of *Leptospira* can infect both people and animals.

How is Leptospirosis Spread?

People can get leptospirosis when they have contact with:

- Urine from sick animals such as rodents, dogs, livestock, pigs, and wildlife.
- Floodwater, freshwater from rivers or streams, water or soil contaminated with the urine of infected animals.



Symptoms

If you have symptoms, see a doctor as soon as possible. Early treatment with antibiotics may help prevent more severe illness.



Fever/chills



Skin rash



Stomach pain



Muscle aches



Conjunctivitis
(red eyes)



Vomiting/diarrhea



Headache



Cough



Jaundice (yellow
skin/eyes)

Prevent It

Field agricultural workers are at greater risk for infection. Cuts or scrapes to the skin that are exposed to contaminated soil or water can lead to infection.



Wear waterproof protective gear and clothing like long-sleeved shirts, pants, and shoes or boots.



Use soap and water to wash your hands before and after you eat or drink, use the restroom, or handle any animals.



Cover cuts and scrapes with waterproof bandages.

