

# LEPTOSPIROSIS: How you can get it and how to prevent it

## WHAT IS LEPTOSPIROSIS?

Leptospirosis is an infection caused by bacteria. It can spread from animals to people. It is more common in warm, wet places and after heavy rainfalls or big storms.

## HOW & WHO CAN GET IT?

You can become infected by touching water, soil, or food that has animal urine in it. It can enter through cuts or through your eyes, nose, or mouth.

People who spend time around animals or outdoors are more at risk. This includes farmers, garbage workers, vets, pet caretakers, soldiers, and people who garden or do landscaping.



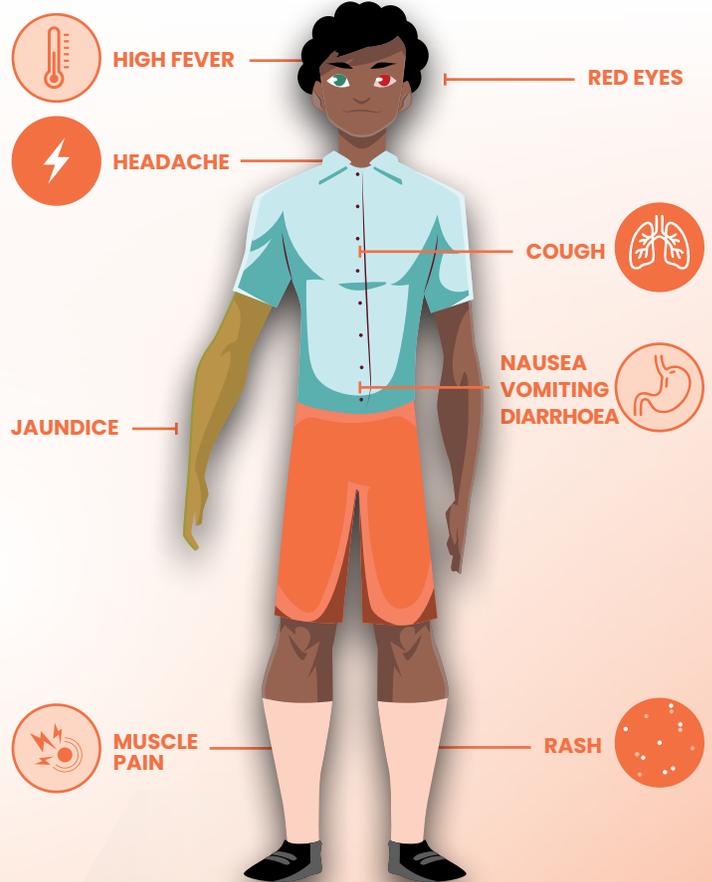
## HOW YOU CAN PREVENT IT:

- Wear disposable gloves when landscaping or gardening.
- Do not walk outside barefoot. Wear waterproof boots or closed shoes.
- Wash your hands frequently, especially after touching animals.
- Cover any cuts and abrasions with band aids.
- Set traps for rats. Keep food and trash in closed containers.
- Ask your doctor about the leptospirosis vaccine for dogs.



## WHAT ARE THE SYMPTOMS?

Some people feel fine, but others may have:



## WHAT TO DO IF YOU HAVE IT:

See a doctor right away if you feel sick after being around animals or water that might not be safe. Tell your doctor about your exposure. Leptospirosis can be treated with medicine if caught early.

### CONTACT YOUR DOCTOR



### TREATMENT



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