

# Prevention

- **Wear protective equipment**  
(boots, coveralls, goggles, gloves...)
- **Avoid contact with eyes, nose or mouth**  
when hands are dirty or unwashed
- **Disinfect and protect skin wounds**
- **Wash hands with soap and clean water** after freshwater activities



Prevention  
measures are  
available

Ask your doctor for advice.

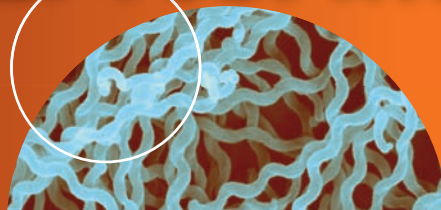


# WATCH OUT!

## This means you!



# Protect yourself from LEPTOSPIROSIS



## A serious infectious disease

Leptospirosis is caused by a bacterium present in animals and eliminated through the urine contaminating the environment (rivers, ponds, natural pools, etc.)

This bacterium is resistant in a moist environment and can survive for several months in contaminated water.

# Leptospirosis

*In France, several hundred cases of leptospirosis contamination are reported every year, sometimes even resulting in death.*

After an incubation period of 2-20 days, clinical expression is manifested by:

## Symptoms

- flu-like symptoms with high fever and chills,
- Muscle aches, headache, vomiting, abdominal pain.

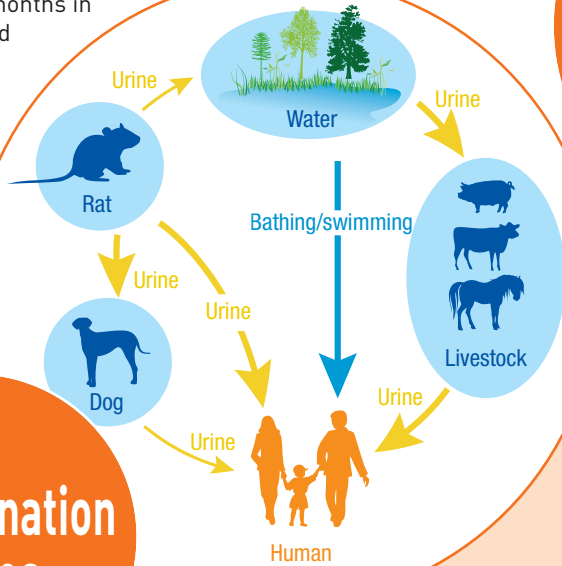
*Without appropriate treatment, severe cases may progress and cause damage to the nervous system, kidneys, liver, eyes, etc.*

This may lead to hospitalisation, and your recovery may be long.

## Occupations at risk of exposure

- Sewer workers, refuse collectors
- Sanitation workers,
- Shipyard workers,
- Waterways maintenance workers
- Underground workers

## Contamination routes



Leptospirosis is usually spread through contact with contaminated freshwater, mud, sludge or through contact with contaminated animals (dead or alive)

The bacterium may enter through otherwise healthy macerated skin, cuts, or mucous membranes (nose, mouth, eyes).

