



Leptospirosis

Leptospirosis is a bacterial disease that can increase after hurricanes or floods by coming into contact with contaminated water for drinking or bathing. The bacteria that cause leptospirosis can enter the body through cuts or scratches, or through the eyes, nose, or mouth.

It could be contracted by coming into contact with:

- Urine from rodents and other carrier animals such as:
 - Dogs
 - Pigs (including Vietnamese pigs)
 - Other farmyard animals (horses)
- Damp soil or food contaminated with urine from infected animals.
- Flood water, water from rivers, streams or springs that are not safe.

Incubation period:

The incubation period is from 2 to 30 days; most cases of illness, occur 5 to 14 days after exposure.

Symptoms:

- Headache
- Muscle pains
- Fever and chills
- Cough
- Stomach pain
- Vomiting and diarrhea
- Yellow skin and eyes
- Conjunctivitis (red eyes)

Prevention:

- Avoid walking, swimming, bathing, or submerging in water that may be contaminated with animal urine or flood water.
- Do not drink water that comes from the flood.
- Cover skin cuts with waterproof bandages, band-aids, or other material that won't let water in.

Prepared by licensed Health Educators.

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- Drink safe (bottled) water.
- Properly dispose of food waste in sealed trash cans.
- Wear gloves, long sleeves, long pants, safety glasses, and closed shoes when handling debris when handling debris, any animals, or when outside.

If you have symptoms of leptospirosis, seek help:

Early treatment with antibiotics can help prevent the disease from getting worse and decrease the time you are sick. If left untreated, symptoms can get worse.

People may have liver or kidney failure, meningitis, difficulty breathing, bleeding, and, rarely, may die from the infection.

If you feel sick and have symptoms seek immediate medical evaluation.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can deal with emotional and physical concerns that occur during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References:

Material adapted from:

<https://www.cdc.gov/leptospirosis/es/los-huracanes-y-la-leptospirosis.html>

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