

HOW LEPTOSPIROSIS SPREADS — AND HOW TO PREVENT IT

**LEPTOSPIROSIS SPREADS FROM CONTACT WITH
CONTAMINATED WATER, SOIL, OR FOOD.**

**YOU CAN PREVENT IT BY PROTECTING
YOURSELF AT WORK AND AT HOME.**

✓ DO



Wear boots and gloves when working in water, mud, or cleaning areas with rats.



Wash hands and body with soap after contact with flood water or soil.



Keep food covered and stored safely away from rats.



Seek medical help early if you have **fever, chills, muscle pain, or headache.**

✗ DON'T



Walk barefoot in muddy or flooded areas.



Drink water that **may be contaminated.**



Leave food uncovered where rats can touch it.

**PROTECTIVE CLOTHING, CLEAN HABITS, AND
SAFE FOOD STORAGE REDUCE THE RISK OF
LEPTOSPIROSIS.**