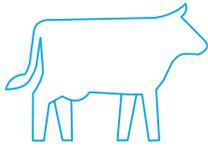


# PROTECT YOURSELF FROM LEPTOSPIROSIS

Leptospirosis is a bacterial disease of humans and animals. It is caused by bacteria that are found in infected animal urine and animal tissues. Leptospirosis is treated with antibiotics.



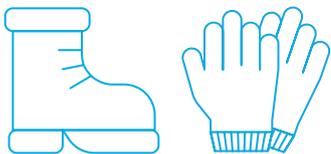
People most at risk are those who have close contact with animals or who are exposed to water, mud, soil, or plants that have been contaminated with animal urine.



Some jobs are at higher risk - for example abattoir workers, veterinarians, farmers (especially sugar cane, cattle, bananas) and fruit pickers.



## Prevent it



Wear protective clothing - for example, gloves, goggles, aprons, boots - when working with animals that could be infected, or when working where animals may have been (such as on fruit plants). Wear appropriate footwear when walking in mud or moist soil.



Avoid swimming or wading in or drinking water that could contain animal urine.

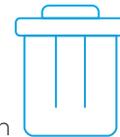
Cattle vaccination is effective at reducing the risk of infection via direct contact with cattle.



Wash all cuts and scratches with clean water and soap. Cover cuts and abrasions with a waterproof dressing.



Wash hands with soap, especially before smoking and eating - the bacteria are quickly killed by soap and drying. Shower after work.



Clean up rubbish and remove food sources for rodents around your workplace or any onsite accommodation.

## Learn the symptoms

Symptoms usually develop two to 30 days following infection. People infected may have some or all of these symptoms.

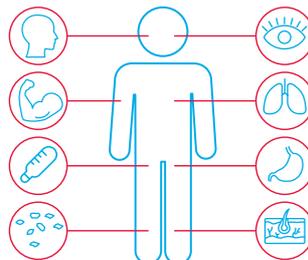
Flu-like symptoms

Headaches

Muscle aches

Fever and chills

Skin rash



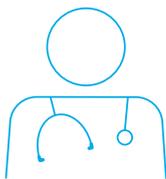
Conjunctivitis (red eyes)

Cough

Stomach pain, vomiting and diarrhoea

Yellowing of the skin and eyes

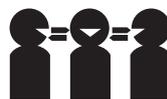
## Get treatment



If you have symptoms of leptospirosis, see a doctor as soon as possible. Early treatment with antibiotics may help prevent more severe illness and you will get well sooner. Without treatment, leptospirosis symptoms can get worse. People can develop kidney and liver failure, meningitis (inflammation of the lining of the brain), difficulty breathing, bleeding and in some cases people may die from their infection.

Leptospirosis is a deemed work-related disease, therefore your workplace's workers compensation insurance will cover medical expenses and can cover weekly benefits you got sick through your employment.

**Under the Work Health and Safety Act, leptospirosis is a prescribed serious illness for incident notification.** Your workplace must report cases to SafeWork NSW immediately on 13 10 50 as an urgent investigation might be needed. Penalties apply for not notifying incidents.



If you require an interpreter for yourself or your workers prefer to speak in another language, contact the translation service. P: 131 450 (24 hours services) W: [www.tisnational.gov.au](http://www.tisnational.gov.au)