DON'T LET
LEPTO
GET UNDER YOUR SKIN!

Lepto can put you in hospital and off work for weeks

Queensland Government
Queensland Health
Are you at risk?

You get leptospirosis when animal urine, or water or soil contaminated with animal urine, gets into sores or cuts on your skin or into your mouth, nose or eyes.

Take precautions if you’re a farm worker or gardener, and when you are camping, bushwalking, or working where there may be rats and mice. Leptospirosis is particularly common in the Tully/Innisfail environment in the wet season (December to May).

“I thought you’d have to be unlucky or have a decent cut to get lepto.” 34 year old Tully banana worker – hospitalised for one month with leptospirosis.
How to avoid lepto

**COVER**
Cover up with boots and gloves if in contact with mud, dirty water, rodents, or sites where rodents have been. Wear boots to cover tinea or infections on feet. Cover cuts and sores with waterproof band aids or dressings. (Tape may help to keep dressings on and keep water out.)

**WASH**
Wash before eating and smoking, after contact with soil, dirty water or plants and after handling animals. Shower after being on the farm or going out bush.

**CLEAN UP**
Clean up rubbish, long grass, food scraps and junk to keep rodents away.
SEE A DOCTOR

Lepto can start with flu-like symptoms. See a doctor immediately, otherwise you may get liver and kidney damage and bleeding from the lungs.

Symptoms can include:

- fever
- headaches
- chills and sweating
- severe muscle pain (particularly calves and thighs)
- bloodshot eyes
- vomiting

People with leptospirosis often have to spend time in hospital. In rare cases, leptospirosis may be fatal.

For more information, talk to your GP or contact the Tropical Public Health Unit, Cairns: 4050 3600 • Townsville: 4750 4000