

Rethinking Leptospirosis Prevention, the Philippines

Appendix

What is Leptospirosis?

Leptospirosis is a bacterial disease that mainly infects animals but can also be transmitted to humans. It is caused by the bacteria from the genus *Leptospira*.

In humans, Leptospirosis can cause a wide range of symptoms, including:

- high fever • headache • chills • muscle aches • vomiting • jaundice
- red eyes • abdominal pain • diarrhea • rash

Drivers or Transmission Cycle

The transmission of leptospirosis involves a complex interaction among humans, animals, and the environment interfaces.

Reservoir Hosts **Environment Persistence** **Human Exposure**

Leptospirosis infection can occur when:

- Infected water or urine accidentally splashes onto the mucous membranes, such as the eyes, nose, or mouth.
- Drinking water or eating food contaminated by *Leptospira*.
- Wading through contaminated floodwaters with wound or cut in the skin.

Prevention and Control Measures

- Prevent wading in water that might be contaminated with animal urine.
- Wear protective clothing or footwear such as rain boots to minimize the risk of contracting leptospirosis, especially during rainy season.
- Practice good hygiene, such as thoroughly washing hands with soap and water after handling animals or coming into contact with interfaces that may be contaminated by *Leptospira*.
- Take prophylaxis, such as doxycycline, as prescribed by a physician must be considered immediately after unwanted exposure to contaminated water or environment.

REFERENCE: Centers for Disease Control and Prevention. (2023). Leptospirosis. <https://www.cdc.gov/leptospirosis/index.html>

Appendix Figure. Information, education, and communication material created by Local Awareness, Watershed Action–Philippines and posted on its social media accounts.