



Warning

If you practice an activity in fresh water

(swimming, fishing, canyoning...)

Protect yourself against leptospirosis!

Leptospirosis is a serious, sometimes fatal, infectious disease caused by bacteria that contaminate the natural environment (rivers, ponds, etc.).

How does it enter the body?

During contact with contaminated fresh water, the bacteria penetrate through the mucous membranes or through the skin where there are even small lesions.

How can you protect yourself?

Wear protective equipment: wetsuit, hood, socks, gloves.

Protect wounds with a waterproof dressing and disinfect them using an antiseptic.

Wash with soap and water after the activity.

What are the signs of the disease?

They appear 1 to 2 weeks after contamination

► High fever (> 39°)

► Muscle pain, joint pain, abdominal pain and headaches.

The disease can get worse 4 to 5 days after the first signs and spread to the meninges and vital organs.

Do not assume that it will "just go away".

See a doctor as soon as possible and tell them what activity you have been doing.

The effectiveness of the treatment depends on your rapidness in seeing a doctor.

If properly treated, this infection does not leave any after-effects.

If in doubt, do not wait!