



*Commonwealth Healthcare Corporation*  
Commonwealth of the Northern Mariana Islands  
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**November 20th, 2018**

**CHCC-PR-18-YUTU-19**

**For Immediate Release**

**Leptospirosis**

The Commonwealth Healthcare Corporation has recently received a report of a possible leptospirosis case. Leptospirosis is preventable and precautions should be taken when swimming, stepping, or coming in contact with standing water that could be contaminated with animal urine or feces.

**What is leptospirosis?**

Leptospirosis is a bacterial disease. The bacteria that cause leptospirosis are spread through the urine of infected animals, which can get into water or soil and can survive there for weeks to months. Many animals can spread leptospirosis, including but not limited to pigs, dogs, goats, cattle, horses, rats, and other rodents.

**What are symptoms of leptospirosis?**

Common symptoms of leptospirosis include:

- Fever
- Chills
- Headache
- Muscle aches
- Vomiting
- Diarrhea
- Abdominal pain
- Yellowing of the skin and eyes (jaundice)
- Skin rash
- Red eyes

**What are steps for prevention:**

- Please do not walk or swim in water that might be contaminated with animal urine
- Eliminate contact with potentially infected animals.
- Protective clothing or footwear should be worn by those exposed to contaminated water or soil because of their job or recreational activities.

**What to do if I suspect I have leptospirosis?**

- Contact your primary care provider or visit us at CHCC.
- If your provider suspects you have contracted leptospirosis, they will likely give you antibiotics.
- Treatment is most effective when patients start as soon as possible and adhere to the treatment plan through completion.

Please follow the Commonwealth Healthcare Corporation Facebook page at @cnmichcc to see where we are and what we're doing to improve our island's health.

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