

TEAM **K**EANE

Sculling School

Wiers Disease & How To Spot It!

All water users should be aware of this potentially fatal infection.

This is a bacterial infection normally believed to be spread by rat urine, though can also be transmitted by cat, fox and rabbit urine. Transmission is usually through an open wound or abrasion but can also be caused by ingestion of contaminated water.

Symptoms are lethargy, diarrhoea, headaches, vomiting and muscle pain; sometimes referred to as flu like symptoms, if untreated can be fatal.

Prevention

Prevention measures against water borne infection are:

- Cover all cuts and abrasions with waterproof plasters.
- Always wear footwear to avoid cutting the feet.
- Avoid capsizing or rolling practice in suspected waters.
- Where possible shower soon after the activity
- As a minimum always wash your hands after paddling and before eating or drinking

Symptoms

These are symptoms of leptospirosis.

- a very high temperature, or feel hot and shivery
- a headache
- feeling and being sick
- aching muscles and joints
- red eyes
- loss of appetite

If you feel ill after paddling you should tell your Doctor as soon as possible and let them know where and when you have been on the water.

The NHS publish the following guidance:

<https://www.nhs.uk/conditions/Leptospirosis/>