



FIJI NATIONAL  
UNIVERSITY

Office of the Registrar  
Uniclinic

# Leptospirosis Outbreak

## Leptospirosis

In a press release on Monday 15th February, Health Ministry permanent secretary Dr James Fong had announced that there is an outbreak of leptospirosis in the country.

The ministry has recorded 160 confirmed cases of leptospirosis, 53 of typhoid and 335 of dengue fever from January 1 to February 6 this year.

Dr Fong said "We were expecting it because the main exposure risk is flooding. Recent natural disasters had escalated the surge in these cases."

### Leptospirosis

#### Symptoms

Symptoms start with fever and joint pains just like a flu but soon gets worse with blood shot eyes and then yellow eyes (jaundice) as organs begin to shut down.

One classical sign is the pain around the calf muscles together with severe headaches.

#### Treatment

Intravenous Penicillin administered early is the treatment so get to your nearest health facility if you suffer from any of the above symptoms. If you present late the prognosis is poor. Of the 160 confirmed cases, there were 5 deaths from leptospirosis.

#### Precautions:

1. PLEASE WEAR protective footwear when walking through stagnant creeks, wet areas and mud. This is especially for those who live on farms, in settlements and villages without proper footpaths and in areas where animals roam freely and where there can be cross contamination from animal urine. (The leptospira bacteria sourced from animal urine (rats, dogs, and domestic animals) can pass through intact or broken skin straight into your blood stream).
2. Seek medical advice and early treatment if you have any of the symptoms of leptospirosis.

Consult your Uniclinic or your nearest Health Center for any symptoms that resemble that of Leptospirosis .

**Nasinu** - 8.00am to 5.00pm Mon to Friday

**Natabua** - 8.00am to 5.00pm Mon to Friday

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