

## CAUTION

### LEPTOSPIROSIS / WEIL'S DISEASE

Leptospirosis is an infection caught through contact with urine from infected animals (rats, cattle and pigs mainly) in water and soil. It is generally only a problem in slow moving or stagnant water. The organisms enter the skin through cuts and abrasions and also through the mouth, eyes or nose.

#### **Prevention:**

**Do not swallow river water**

**Cover cuts and abrasions with plasters before approaching the river**

**Wash your hands after rowing, especially before eating (antiseptic handwash will be provided at the catering facility)**

**Keep your water bottles away from contaminated surfaces including water in the bottom of the boat**

**Always wear footwear when on the bank**

**If you fall into the river, the race officials will ask you to take a shower immediately – you are strongly advised to do this**

If you feel unwell with 'flu-like' symptoms (vomiting, high temperature, headache, muscular pains) after the regatta then you should contact your doctor straight away so that the proper treatment may be initiated immediately.

- Sources: BR website with link to Environment Agency