



PHILIPPINE CHARITY SWEEPSTAKES OFFICE

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BAGONG PILIPINAS



MEMORANDUM NO. MSD 05724-31

26 July 2024

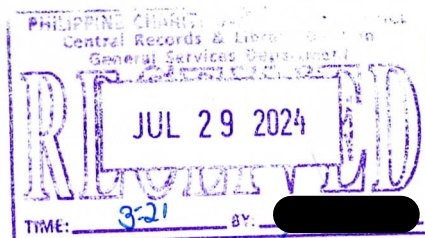
FOR : ALL PCSO OFFICIALS AND EMPLOYEES

FROM : THE MEDICAL SERVICES DEPARTMENT

SUBJECT : HEALTH AND SAFETY REMINDER: LEPTOSPIROSIS DURING RAINY SEASON



1. Reference:
Department of Health (DOH)
2. The Department of Health (DOH) warned the public against treading in rainwater and flooded areas due to the risk of contacting leptospirosis infection. As of July 13, 2024 there have been 1,258 cases of Leptospirosis with 133 deaths in 2024 so far.
3. Leptospirosis is a bacterial infection spread through contact with contaminated water or soil. According to the Philippine Society of Nephrology, people are at risk of getting infected with Leptospira bacteria, which can be found in the urine of infected animals, notably rats, when they tread through flooded waters. During the rainy season, flood waters can become contaminated with animal urine. People with open wounds and scars are at high risk of getting infected, although the bacteria can still enter the body through the eyes, nose, and mouth.
4. The DOH lists the following symptoms of leptospirosis infection namely, fever, nausea and vomiting, abdominal pain, muscle pain and headache. Symptoms may take a while to appear with some taking as long as one month after exposure, although some can start showing within two (2) days. The occurrence of the abovementioned symptoms should prompt immediate consult with your healthcare provider for treatment. Leptospirosis infections can lead to further complications such as kidney failure, meningitis, and even death.
5. The following are the necessary precautions to prevent infection with leptospirosis bacteria:
 - a) Avoid skin contact with floodwaters. Do not wade or swim in floodwaters, even if they appear clean.
 - b) Dispose of garbage properly and keep your surroundings clean to discourage the presence and proliferation of rodents and other animals.





- c) Wear waterproof protective clothing, shoes, or boots near floodwater to minimize skin contact with contaminated water.
 - d) Wash hands frequently with soap and water, especially after handling animals, working outdoors, or coming into contact with floodwaters;
 - e) In case of exposure to floodwaters, wash the affected areas of your skin thoroughly with soap and water. There are available preventive antibiotics, but these would require a doctor's prescription **within 24 to 72 hours after exposure**.
 - f) If experiencing any symptoms of Leptospirosis, seek medical attention immediately.
6. For your information and guidance.


KRISCH TRINE D. RAMOS, M.D.

Noted by:


LARRY R. CEDRO
AGM, Charity Sector