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Leptospirosis

Leptospirosis is a bacterial infection we get from animals. It spreads through their urine, it came from dogs, rodents, and farm animals.

The bacteria can enter the body through an open wound, the eyes, or the mucous membranes.

Leptospirosis can cause a wide range of symptoms, some of which may be mistaken for other diseases. Some infected persons, however, may have no symptoms at all.

Without treatment, Leptospirosis can lead to kidney damage, meningitis (inflammation of the membrane around the brain and spinal cord), liver failure, respiratory distress, and even death.

SIGNS AND SYMPTOMS

You usually start showing signs of leptospirosis within 2 weeks, though in some cases, symptoms may not show up for a month or not at all.

- a fever and chills
- coughing
- diarrhea, vomiting, or both
- headache
- muscle pain, particularly lower back and calves
- a rash
- red and irritated eyes
- jaundice

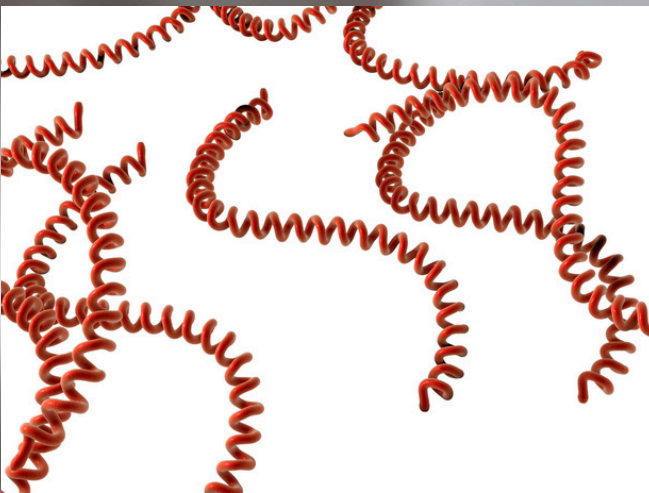
Most people with Leptospirosis recover within a week without treatment but some develop severe leptospirosis.

Symptoms from severe Leptospirosis may include kidney failure, meningitis, and lung problems.

If severe symptoms occur, you may have to visit the hospital.



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How to prevent it?

Avoid contaminated water. Make sure that when you drink water, it's clean and safe. Leptospirosis can enter through other body openings, it's better to avoid swimming, waterskiing, sailing, or fishing in freshwater areas. Saltwater is generally safe.

Rats and other rodents are the main carriers of the bacteria. Try avoiding them as much as possible especially if they are ill.

Be aware of your surroundings, especially when you travel. In countries with poor sanitation, leptospirosis is more common and may be hard to avoid. So, recognize the symptoms and seek help if you become ill.

Use disinfectant. Bleach, Lysol, acid solutions, and iodine are deadly to the bacteria. Keep them on hand to clean up.

Treatment of Leptospirosis

Leptospirosis can be treated with antibiotics. Ibuprofen may also be recommended for fever and muscle pain. If infection is more severe, you have to go to the hospital for immediate medical treatment.

HIV (Human Immunodeficiency Virus)

HIV (human immunodeficiency virus) is a virus that attacks cells that help the body against infections, making the person vulnerable to infections and diseases. It spread by a contact to a person with a certain body fluids with HIV, happened mostly during unprotected intercourse or through sharing injection.

HIV can lead to the disease AIDS if its left untreated (acquired immunodeficiency syndrome).

Currently there is no effective cure for HIV, so once you have HIV, you'll have it for the rest of your life.

But with proper medical care, HIV can be controlled.

People with HIV, who gets effective HIV treatment can live long and healthy lives, and protect their partners from transmitting HIV.



The only way to know if you have HIV is to get tested. Knowing your HIV status helps you make healthy decisions to prevent getting or transmitting HIV.

SOURCE:
[HTTPS://WWW.EVERYDAYHEALTH.COM/HIV/GUIDE/SYMPTOMS/](https://www.everydayhealth.com/hiv/guide/symptoms/)
[HTTPS://WWW.HIV.GOV/HIV-BASICS/OVERVIEW/ABOUT-HIV-AND-AIDS/WHAT-ARE-HIV-AND-AIDS](https://www.hiv.gov/hiv-basics/overview/about-hiv-and-aids/what-are-hiv-and-aids)
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How HIV is transmitted?

HIV is transmitted through certain body fluids.

These Body fluids are :

- Blood
- Semen (cum) and pre-seminal fluid
- Rectal fluids
- Vaginal fluids
- Breast milk

Transmission happens if these fluids goes through bloodstream of a negative person through a mucous membrane (found in the rectum, vagina, mouth, or tip of the penis); open cuts or sores; or by direct injection.

Symptoms of HIV

2-4 weeks after infection, people will have a flu-like symptoms. Possible symptoms include

- Fever,
- Chills,
- Rash,
- Night sweats,
- Muscle aches,
- Sore throat,
- Fatigue,
- Swollen lymph nodes, and
- Mouth ulcers.

How to prevent having HIV?

- Limiting partners and using condoms during intercourse.
- Avoiding less risky sexual behaviors.
- Using only sterile drug injecting materials and avoid sharing of needles.
- Getting treatment for STD and tested for HIV.