



WEIL'S DISEASE

Weil's Disease is a RARE but very serious illness which is caused by bacteria carried in the urine of rats (and some other animals). It can be contracted anywhere but especially around waterways. The descending scale of risk is: Stagnant water, canals and slow moving rivers (particularly after flash floods), swifter streams.

Precautions:

Avoid capsize drill or rolling in stagnant or slow moving water

Wash or shower after canoeing

Cover minor scratches on exposed parts of the body with water-proof plaster

Use foot-wear to avoid cutting feet

Should you become ill after canoeing (2-19 days) with a flu-like illness (temperature, aching limbs & joints) call your doctor and tell him/her you are a canoeist and may have come into contact with the Leptospirosis bacteria - see your Yearbook

Contact the British Canoeing Office for more information – see for standard handout please.