



SRU Medical & Player Welfare **Health Advisory – Microsporidia Eye Infections**

Microsporidia are spore-forming single-cell intracellular parasites. Since the early 2000s, microsporidia keratoconjunctivitis has been increasingly reported in Singapore, mostly among healthy, immunocompetent persons after eye contact with soil or mud in outdoor activities. The last officially recorded outbreak amongst the rugby community occurred in 2013.

A handful of possible eye infections have been reported since then amongst rugby players who were exposed to mud whilst playing at some Singapore fields.

The main presenting signs and symptoms are eye redness, pain/foreign body sensation, photosensitivity and blurred vision.

Players who have been in contact with soil or mud should maintain good personal hygiene. All players are advised to wash their faces if they come into contact with mud. Use different towels for the face and body immediately after training or matches.

SRU advises all players to seek early medical consultation (E.g. eye specialist) should they experience similar symptoms such as itchy and painful red eyes with discharge occurring from two days up to three weeks after being in contact with soil or mud.