

Dangers of Floodwater - Health Issues for you and your children

Flood waters contaminated with sewage may carry a range of viruses, bacteria and parasites. To prevent illness, contact with floodwater should be minimised. Avoid swimming in rivers, lagoons and estuaries for at least three weeks after heavy rain.

When cleaning up, remember to look after yourself. Drink plenty of fluids and do not wait until you are thirsty. Have frequent breaks and take care not to get too cold or too hot. It is normal to feel a mix of emotions in emergency situations and these emotions should pass with time. If you experience a prolonged period of distress, please contact your local doctor.

It is critical to practice basic hygiene during the flood and clean-up period. Wash hands thoroughly with soap and clean water after handling flood-affected items or participating in any flood clean-up activities, after going to the toilet and always before handling or eating food.

Keep children away from flood-affected areas and avoid unnecessary contact with mud and floodwaters. Ensure feet are covered if they are likely to come into contact with mud and always wear gloves when handling flood-affected items or mud. If you don't let your children play in the toilet DON'T let them play in flood water

All cuts and abrasions should be cleaned, treated with antiseptic and covered immediately. If you have a deep cut or wound, if a wound has had contact with floodwaters or if a wound develops redness, swelling or discharge, seek immediate medical attention.

Should you or any of your family have severe diarrhoea or vomiting, please seek immediate medical assistance

SES on 132 500

All Residents should be aware that for Emergency Assistance the SES is the first call.

The SES provides free **EMERGENCY ASSISTANCE** to **ALL** householders, rural properties and commercial businesses affected by floods and storms even if there is no SES UNIT in your town.

The SES Control Centre (Ph 132500) will use the local VRA and manage and coordinate a joint SES & VRA response to any calls.

This allows better allocation of resources when simultaneous incidents occur over many catchments.



House and Yard Clean Up Steps

Wear suitable protective clothing including boots, gloves and eye protection while cleaning up. Be wary of snakes, spiders and rats that may have taken refuge in or near your home.

Electrical equipment and hot water systems affected by floods should be inspected for safety by a licensed electrician before use. Also gas appliances and gas bottles should also be inspected by a qualified tradesperson.

Mould or mildew may develop if items are not completely dried. Mould or mildew may be removed with household bleach, however the strength of the product may ruin some household items.

Mosquitoes spread human disease, such as Murray Valley encephalitis and Ross River virus. Avoid being bitten by mosquitoes. Use an insect repellent on exposed skin areas and reapply every couple of hours. Cover up as much as possible with loose-fitting and light-coloured clothing.

Farm Chemicals Be aware about flood-affected farm chemicals, containers or spills.



EMERGENCY CONTACTS

- **LIFE THREATENING - RING 000 (TRIPLE ZERO)**
- **STORM & FLOODS 132 500**
- **RURAL LANDHOLDERS : FLOOD HELP 1800 814 647**
(Old DPI : Business Hrs)

ADDITIONAL INFORMATION

- www.ses.nsw.gov.au
- www.warrumbungle.nsw.gov.au
- www.health.nsw.gov.au

RIVER HEIGHTS

- www.bom.gov.au/nsw/flood/northwest.shtml

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