

## PUBLIC HEALTH FACT SHEET

No. 101.6

### *FLOODS AND RECREATIONAL ACTIVITIES*

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#### RECREATIONAL FISHING AND FOOD SAFETY

People who catch fish during flood periods are advised to rinse caught fish prior to scaling and filleting. Fish should be cooked thoroughly, and people should avoid cross contamination between raw and cooked fish.

Ready to eat seafood, including oysters, must not be harvested from flood-affected areas, as these products are not cooked prior to consumption. Recreational harvesters are advised to contact the NT Environmental Health program on 1800 095 646 to determine whether the harvesting area is open for commercial harvest.

#### SPORTING ACTIVITIES

People who participate in contact sports (where minor abrasions can occur) are advised not to use sports fields that have been inundated with storm water, until the surface water is completely evaporated for a 24-hour period. Please contact your Local Council for the re-opening dates of sports fields.

#### SWIMMING AND WATER SPORTS

Do not swim or participate in any activities where you can fall into flood waters (i.e. jet skiing, water skiing). The water should be considered contaminated. It is also very dangerous to swim in floodwater that often has a swift current and where debris may be floating in the water.

If recreational lakes, ponds, rivers and swimming pools have been affected by floodwaters, they should not be used until these sites can be tested.

If you come in contact with water during recreational water activities, ensure that all cuts and abrasions are cleaned, treated with antiseptic and covered immediately. Seek immediate medical attention if you have deep or puncture wounds, or if any wounds develop redness or swelling. Always wash your hands thoroughly with soap and clean water, or with an alcohol gel.