

PUBLIC HEALTH FACT SHEET

No. 101.13

PERSONAL HYGIENE AFTER FLOODS

- Treat all floodwater as potentially contaminated with sewage.
- Keep children away from flood affected areas and avoid all 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.
- Always wash your hands thoroughly with soap and clean water, or with an alcohol gel:
 - After handling flood affected items;
 - When participating in flood clean up activities;
 - Immediately after going to the toilet; and
 - Always before handling or eating food.
- Only use clean eating utensils, toothbrushes, towels or handkerchiefs.
- All cuts and abrasions should be cleaned, treated with antiseptic and covered immediately. Seek medical attention if you have deep or puncture wounds, or if any wounds develop redness or swelling. Also check your Tetanus status.
- To avoid being bitten by mosquitoes, use an insect repellent on exposed skin areas. Reapply every two hours. Cover up as much as possible with loose fitting clothing.
- Seek medical assistance if you have, or if any of your family, have severe vomiting or diarrhoea. If you have these symptoms, you will require extra fluids containing a mixture of electrolytes and sugars; such as Gastrolyte, which can be purchased from local chemists.