



**PAROO**  
SHIRE COUNCIL

# FACT SHEET

## HEALTH ADVICE

Flood water is dirty and dangerous, and it can make you sick. Follow this health advice to avoid infection and harmful disease.

Wear solid boots or shoes if you must enter floodwater



Wear gloves when handling items contaminated by floodwater



Wash hands thoroughly with soap and water before eating and after contact with floodwater or soil



Any household items or areas that were contaminated by floodwater should be washed well



Treat any open wounds with antiseptic and cover immediately



Grass and bare dirt areas should be left to dry out naturally



Check with your local council if tap water is safe for drinking.



Food in your house may not be safe to eat if the power has been cut or if food has been in contact with floodwater



Apply insect repellent on exposed skin and wear long loose clothing to avoid mosquitos



Reduce your risk of mould-related health problems by removing mould safely and taking action to stop or minimise mould growth.

