



After a flood there are some basic measures that you can take to minimise the spread of illness. Always assume that all flood water is potentially contaminated with farm run-off, faecal matter from animals, and sewage. Children in particular must keep away from flood waters. There are potential health risks associated with contaminated flood water such as the spread of gastroenteritis (diarrhoea and vomiting). The information below should be useful to help protect the health of you and your family and whānau during and after a flood.

## KEEP YOUR HANDS CLEAN

- In a communal living situation you may have to share toilet and bathroom facilities with many others. Close living quarters increase the amount of contact between people. In addition, new arrivals to welfare centres may bring germs to other residents and staff.
- As flood waters may be contaminated, many people will be handling articles contaminated with flood water or sewage or participating in flood clean up activities.

## HAND HYGIENE IS VITAL TO CONTROL THE SPREAD OF DISEASE

Thoroughly clean your hands after using the toilet, before preparing or eating food, before smoking or biting your nails, and after participating in flood clean up.



*Conventional hand washing (soap and water) for 20 seconds followed by drying for 20 seconds using paper towels or air dryer (don't use a shared towel).*



*or Alcohol GEL sanitiser (use only if no visible dirt on hands) - no water required, allow hands to air dry.*

### REMEMBER

Someone who has had gastroenteritis can still pass the disease onto others for up to 2 days after their symptoms have stopped.

*If you or someone in your group is unwell with gastroenteritis here is what to do:*

- Contact your local family doctor immediately or Healthline on 0800 611 116
- Increase hand hygiene – use soap and water if possible, otherwise use hand sanitizer
- Do not prepare food or drinks for others
- Stay at home if you can, at least stay away from the public, school, work, preschool etc.