

### **North Coast Public Health**

Covering both Mid North Coast & Northern NSW Local Health Districts

## **Hints for staying healthy during floods and while cleaning up:**

- Wear gloves and suitable foot wear when removing mud or debris from homes or yards
- Yards can be raked to remove debris and if necessary, hosed down.
- Don't try to check electrical appliances and other equipment yourself, seek professional help
- Discard any tinned food that has no labels, as well as perishable food that has been out of refrigeration for more than 4 hours. If freezer door is kept shut, frozen food will not spoil for at least 24 hours.
- Have septic tanks or pipes professionally inspected or serviced if you suspect damage.
- Avoid being bitten by mosquitoes, use roll-on insect repellent on exposed skin and apply every few hours.
- Avoid creating mosquito breeding sites in your yard by emptying out pot plant bases and removing all water-holding rubbish
- When cleaning up, consider your personal health, drink plenty of clear fluids, do not wait until you are thirsty. Take breaks when you can, watch out for heat stress.

North Coast Public Health (Covering both MNC and NNSW Local Health Districts)

Hosted by Mid North Coast Local Health District

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<http://mnclhd.health.nsw.gov.au/about/north-coast-public-health/>

# Stay safe during clean up



wear sunscreen



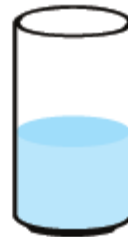
wear insect repellent



wash your hands before eating



drink plenty of water



clean and cover wounds



wear boots, gloves and a hat



For more information:

[www.health.nsw.gov.au](http://www.health.nsw.gov.au)

Adapted with permission from Queensland Health

