

## To stay safe and healthy when cleaning up after a flood:

- Regularly wash your hands with soap and water, or with hand sanitizer.
- Wear protective clothes such as long sleeve shirts, eye-wear, gloves and rubber boots when cleaning up. This will help minimise the risk of diseases, such as tetanus (from exposed open wounds), gastrointestinal infections, and mosquito-borne diseases
- If you are injured or suffer a cut during the clean-up process, clean the wound and seek medical attention, as you may need a tetanus vaccination
- Wear sunscreen and a hat when working outdoors, and drink plenty of water to avoid dehydration.
- Be alert to snakes, spiders or other dangerous animals which may be hiding in debris.
- Animal carcasses have been reported in floodwaters. Avoid contact and contact the Cairns Regional Council services for removal.

Take precautions if handling materials that may contain asbestos. If in doubt, seek professional advice early.



## Where to seek help

- Community Recovery Hotline 1800 173 349
- SES, flood or storm damage 13 25 00
- Ergon, powerlines down 13 16 70
- Ergon power outages 13 22 96
- Telstra 13 22 03
- Queensland Health, 13 Health (13 43 25 84)
- Road and traffic conditions, Transport and Main Roads, 13 19 40 or QLD Traffic website
- Red Cross: 1800 733 111
- Cairns Regional Council services, including water supply and animals, 1300 69 22 47

### Emergency relief and psychological support

- Lifeline crisis support: 13 11 14
- Australian Red Cross: 1800 733 111
- 13 YARN: 13 92 76
- Beyond Blue: 1300 224 636
- Babinda Taskforce: 4067 2900

### Children, youth and family services

- Kids Helpline: 1800 55 1800
- Family and Child Connect: 4033 8500

### Financial services

- Rural Financial Counselling Service NQ: 4652 5669
- Centrelink Emergency information 180 22 66

Families and communities across northern Queensland affected by Ex-Tropical Cyclone Jasper can access disaster recovery support via the Queensland Community Recovery Hotline on 1800 173 349. This includes personal hardship assistance and housing assistance.



For further information and factsheets, scan the QR code, visit [www.health.qld.gov.au/disaster](http://www.health.qld.gov.au/disaster) or contact 13 QGOV or 13 HEALTH

## Cairns and Hinterland Hospital and Health Service

### KEEP YOUR FAMILY SAFE

#### Public health risks after a flood



Floods can increase the risk of infectious diseases.

Floodwater can be contaminated by sewage from overflowing sewerage, septic systems, agricultural or industrial wastes, and chemicals.

Skin infections, diarrhoeal disease, respiratory infections and mosquito-borne diseases are the most common infectious diseases after floods in Queensland.

**#Ex-TC Jasper Flooding**



Queensland  
Government

## MOSQUITOES

Mosquitoes breed in stagnant water and some can spread disease. Prevent with:

### Repellent

Apply mosquito repellent regularly. Products containing DEET or picaridin are best.

### Mozzie coils

Use mozzie coils in well-ventilated areas only.

### Empty containers

Tip out any containers that can hold water outside.

### Surface spray

Use a surface spray under and around furniture and dark areas of your home.

### See your doctor

If you have symptoms such as fevers, joint pain or rash.



## FOOD SAFETY

After a disaster, gastro from spoiled food is common due to loss of power supply and contamination by floodwater.

### Discard perishable food

Discard anything that has been in contact with flood water.

### Clean all surfaces

Wipe kitchen surfaces with soap and water and sanitise any food utensils.

### Hand washing

Wash your hands regularly with soap and water or hand sanitiser.

### Refrigeration

If your power went out, throw out all refrigerated food.

### Frozen food

Anything thawed but is still cold, cook and eat as soon as possible.



### Unsure?

**If in doubt, throw it out!**

## WOUND CARE

Cuts and scrapes exposed to flood waters can become easily infected.

People with underlying conditions such as diabetes are more likely to get serious infections.

**Cleaning wounds that have been exposed to floodwaters is the most important step in preventing infection.**

- **Wash** wounds for 20 seconds with soap and water.
- **Use** an antiseptic if you have one.
- **Cover** clean wounds with water-resistant dressing.
- **Seek** medical care early for deep or very dirty wounds.



**All wounds exposed to floodwaters are at risk of tetanus.**

**If you have not had a tetanus vaccine in the last 5 years, you may require a booster.**