

Community Recovery during summer floods

Water = Mozzies

The best protection against mosquito-borne diseases such as Ross River virus and dengue fever is to avoid mosquito bites.

- Use insect repellents containing DEET or picaridin. Read and follow all directions and precautions on the mosquito repellent product label.
- Wear protective clothing – light coloured, long, loose clothing is recommended whenever there is a chance of being bitten.

Summer = Heat and sunburn

- Use sunscreen
- Wear sunglasses and a broad brimmed hat
- Keep hydrated by drinking water regularly

Floods = Contaminated water

- Avoid wading in shallow water as it may be contaminated
- Clean, disinfect and cover any open wounds including cuts, abrasions and insect bites
- Use bottled, boiled or treated water for drinking and personal hygiene (e.g. cleaning teeth)
- Maintain good personal hygiene. Good hand washing practices go a long way to help preventing the spread of illness. Use alcohol based cleansing gel when soap and clean water is not available.

Floods = slips, trips and falls

Surfaces will be slippery.

- Wear appropriate footwear – comfortable, non-slip, water resistant and enclosed

Floods = infectious diseases

- If you are deployed to do outreach work that could involve wading through water and mud you should consider if you are immunised against tetanus or should have a tetanus booster prior to deployment. The bacteria which cause tetanus are common in the environment and are found in soil, dust and manure.
- Immunisation to protect against tetanus is recommended for all adults aged 50 years and over who have not received a booster dose in the previous 10 years.
- Any wound should be cleaned thoroughly with soap and water. If a person gets a tetanus-prone wound and is not fully vaccinated or has not had a tetanus booster dose in the previous 5 years, medical attention should be sought immediately.

Remember

- Avoid the development of fatigue - keep physically and mentally alert by getting adequate rest and sleep. Make sure you have your scheduled breaks and keep to the rostered hours.
- Seek medical assistance if unwell whether during or after your community recovery deployment