



# Promoting Health and Safety Post-Rainfall

After a refreshing rainfall, it's tempting to rush outdoors and enjoy the clean air and lush greenery. However, it's essential to take care of your health, especially during this time when the environment can pose certain risks. Here are some post-rainfall health instructions to ensure your safety:

# Flood water

Do not walk, swim or play in flood water as it may contain hazardous substances such as:



Human and animal waste



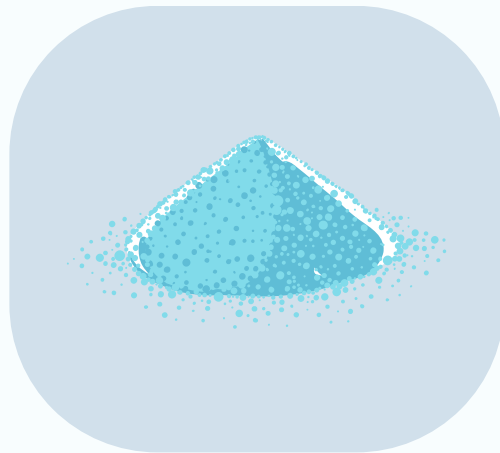
Chemical, Biological or Radioactive waste



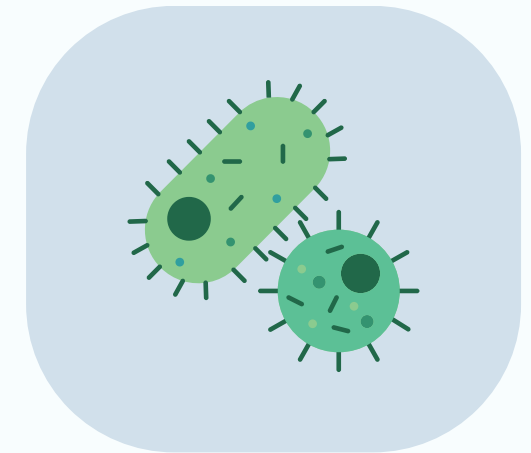
Physical objects such as wood, steel or glass



Rodents or snakes



Copper sulfate (causes bluish vomit)

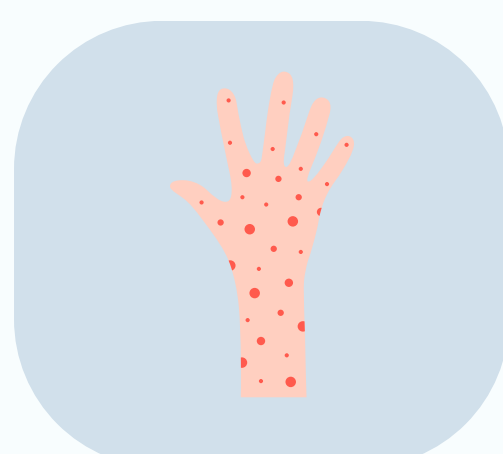


Organisms that can cause illness

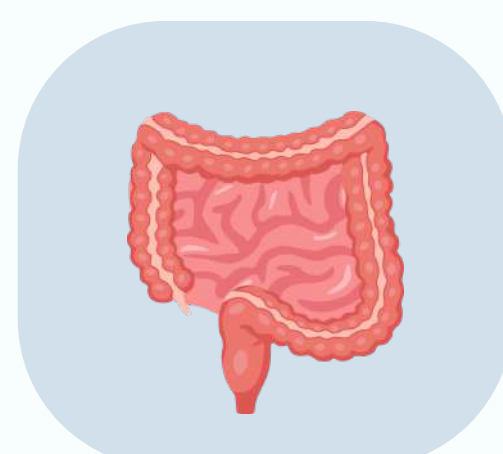
Exposure to contaminated water can cause



Wound infections



Rashes



Gastrointestinal illness



Tetanus

# Post-rainfall health instructions:



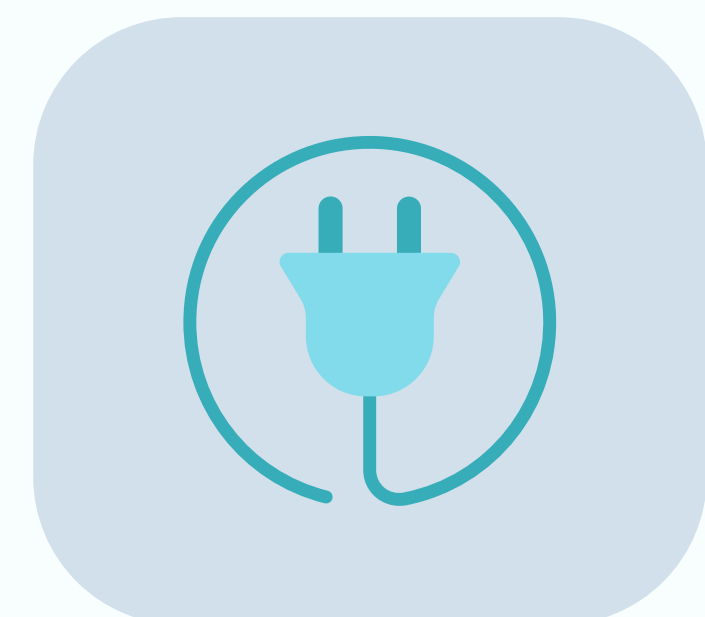
**Stay indoors if possible:** Avoid going outside unless absolutely necessary, especially near flooded areas.



**Listen to authorities:** Follow any instructions or warnings issued by local authorities or school officials .



**Avoid Standing Water:** Stagnant water can become a breeding ground for mosquitoes and other insects, increasing the risk of mosquito-borne diseases like dengue and malaria. Avoid playing or swimming or standing near stagnant water.



**Be cautious around electricity:** Avoid contact with electrical equipment or power lines if you are near standing water, as this can be extremely dangerous.

## Post-rainfall health instructions:



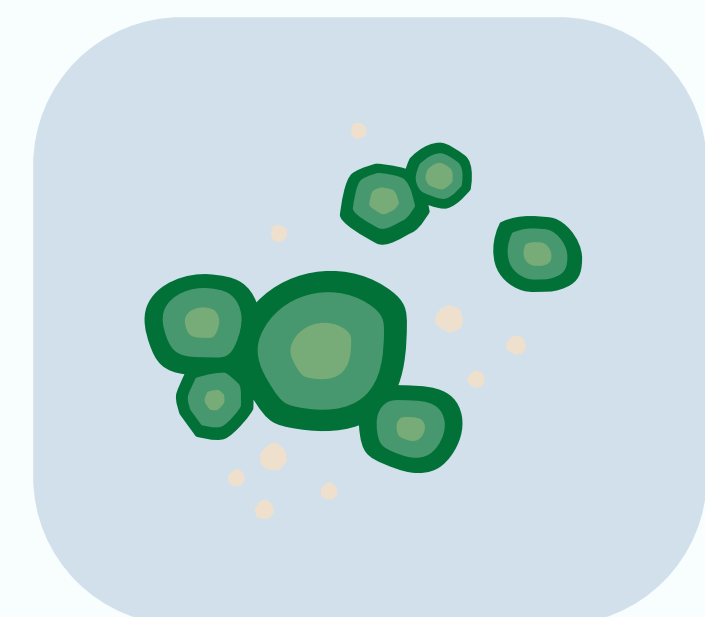
**Practice Good Hand Hygiene:** Rainwater can carry bacteria and contaminants. Wash your hands with soap and water after playing outdoors, especially before eating.



**Protect Yourself from Mosquitoes:** If you're in an area prone to mosquitoes, apply mosquito repellent and wear long-sleeved shirts and pants to prevent bites.



**Clean and Disinfect:** After disposing of the contaminated items, thoroughly clean and disinfect any surfaces, utensils, or containers that may have come into contact with floodwater to prevent the spread of bacteria and mold.



**Be Mindful of Allergens:** Rain can stir up pollen and mold spores, triggering allergies in some individuals. If you're prone to allergies, consider wearing a mask outdoors and taking antihistamines if necessary.

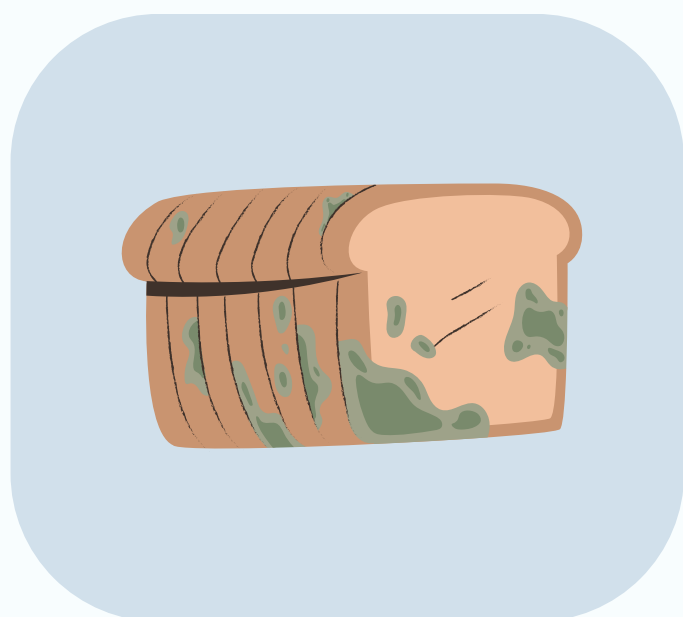
# Post-rainfall health instructions:



**Be Wary of Slippery Surfaces:** Wet leaves, mud, and wet pavements can be slippery, increasing the risk of accidents. Walk carefully and use handrails where available to prevent falls.



**Stay Active Indoors:** If the playground is flooded, find fun and engaging indoor activities to stay active and entertained.



**Do Not Consume:** Never consume any food that has been in contact with floodwater, even if it appears sealed or packaged. Floodwater can contain harmful bacteria, chemicals, and other contaminants that can cause serious illness.



**Monitor Your Health:** Pay attention to any symptoms of illness or discomfort after being outdoors. If you develop a fever, cough, or other symptoms, seek medical attention promptly.

# Water safety

- Only use water from a safe source for drinking and washing or preparing food.
- If available, use bottled water that has not been exposed to flood waters.
- If bottled water not available, boil or disinfect water. (see steps below)
- If using well water, water should be tested and disinfected. If you suspect well contamination, contact local PH department for advice.

## Boiling

- Boiling will kill most of the organisms that will cause diseases.
- Boil water for 1 minute.
- Allow water to cool and store in clean, covered containers.



## Disinfect with bleach

- Bleach will kill some of the organisms that will cause diseases.
- Use unscented household liquid bleach.
- If 5% - 9% concentration of bleach add 2 drops of bleach (0.1ml) per 1 liter water.
- If 1% concentration of bleach add 10 drops (0.5ml) per 1 liter water.
- Stir well.
- Allow to stand for 30 minutes before use.
- Store in clean, covered containers.



# Food safety

## To keep foods safe after floods

- Do not eat food contaminated with flood water.
- Discard all food and beverages not stored in waterproof containers.
- Containers include tins and retort pouches or packaging made from flexible plastic and metal foils. For example, instant noodle packaging. Non – waterproof containers include screw on caps, snap lids or pull tops.
- Discard all contaminated cardboard milk or juice boxes and home prepared canned foods as this cannot be sanitized.
- Discard cans which are severely dented, rusted, swollen or leaking.
- Wash all utensils, pots, cutlery can openers in warm water with soap.
- Rinse well and boil in clean water or soak for 15 minutes in diluted liquid bleach (1 teaspoon of bleach per 1 liter of water).
- Wash countertops with hot water and soap, rinse with diluted liquid bleach solution (1 teaspoon per 1 liter of water).

## Undamaged cans or food packages

- If possible, remove label as this can harbor germs.
- Wipe away all dirt.
- Wash cans (including all tin baby formula) and pouches in hot water and soap.
- Rinse well in clean water.
- Sanitize by boiling for 2 minutes or soak for 15 minutes in unscented liquid bleach – 13 ml of bleach per 1 liter of water.
- Air dry cans and pouches for at least one hour before opening.
- Re-label, including expiry date with permanent marker pen.
- Use as soon as possible after cleaning.



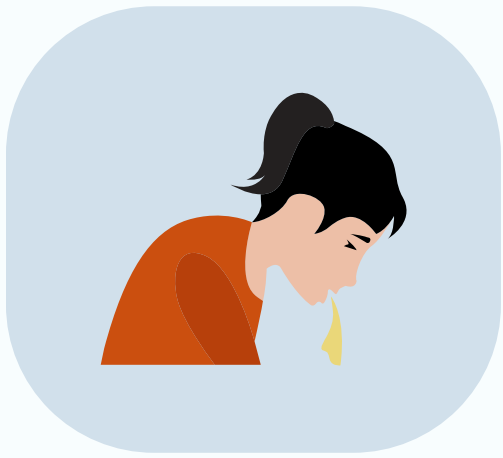


# Foodborne Illness

## Know the symptoms

Consuming dangerous foodborne bacteria will usually cause illness within 1 to 3 days of eating the contaminated food. However, sickness can also occur within 20 minutes or up to 6 weeks later. Although most people will recover from a foodborne illness within a short period of time, some can develop chronic, severe, or even life-threatening health problems

## Consult a healthcare provider if you experience the following:



Vomiting or bluish  
vomit



Diarrhea



Abdominal pain



Flu symptoms or fever  
or headache

# Stay Safe