



Flood Water Precautions

Flood waters may contain a number of risks that may affect your health. Some concerns with flood water may include:

- Raw sewage
- Chemical contaminants
- Fast moving, murky waters
- Debris
- Openings in the ground that are not visible
- Unseen hazards

It is important to remember the following when dealing with floods in your community:

- Do not attempt to enter the fast moving water, as this poses a safety risk. Flood waters should not be used for recreational purposes.
- If you must enter standing water, watch out for electrical hazards, and debris that may pose a risk of injury. Protect yourself by wearing puncture-proof and water-proof boots.
- Do not drink or use any water well or cistern that has been contaminated with flood waters. Your drinking water sources may need to be cleaned and tested before consumption can resume.
- Be aware that surface bodies of water (irrigation canals, dugouts, and ponds) may have become contaminated with flood waters. Always use precautions when using these water sources for drinking, cooking, bathing or for recreational purposes.
- Do not drink or come into contact with flood waters. Many disease causing organisms, such as *E. coli* may be present in the water.
- Wash your hands with soap and warm water after contact with flood waters or handling items that have come into contact with flood waters.
- If you become ill with vomiting or diarrhea after contact with flood waters, contact your family doctor.

For more information, speak to an Environmental Public Health Officer or your local Health Centre.

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