

# Kia kaha whānau

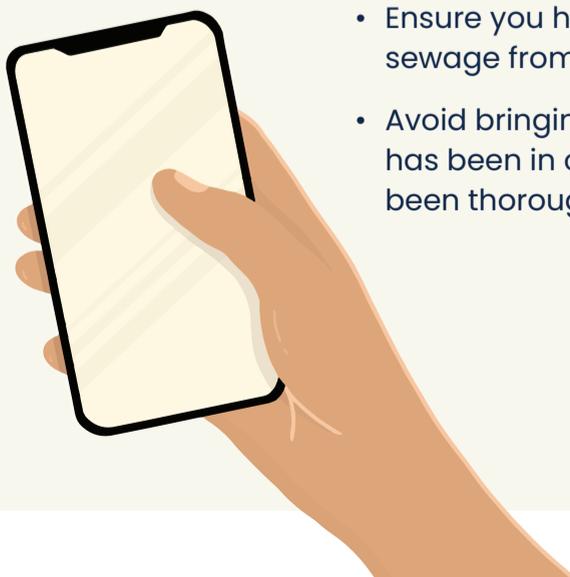
## Health and wellbeing advice – Cyclone Gabrielle

### Looking after your health after the floods and cyclone

- Avoid flood water where possible – don't let children or pets play in it.
- If you have no running water, bring water to a rolling boil for one minute before drinking. Use another heat source such as a BBQ, if you have no power. Keep the BBQ outside at all times.
- If you cannot boil your drinking water – add purifying tablets or plain, unscented household bleach:
  - Add half a teaspoon of bleach per 10 litres of water.
  - Mix and leave for at least 30 minutes or follow instructions on purifying tablets.
- Store treated water in a covered container.
- If your property was flooded it's important to drain, dry and clean it up as quickly as possible.
- Throw away contaminated food and frozen food which thawed out during a power cut.
- Disinfect flood contaminated items, take big stuff out to dry and throw away things which can't be cleaned (e.g. mattresses).
- Wash and dry your hands immediately after handling any contaminated substances.

### Supporting your mental health

- It is understandable to feel sad, distressed, worried, confused, anxious or angry, even if you've not been impacted personally by the flooding. Remember it's ok to not feel ok.
- If you're feeling overwhelmed and need to talk to someone any time of the day or night, you can **call or text 1737** and there'll be someone available at the end of the phone.



### Suffering from vomiting or diarrhoea?

- Take small frequent drinks of water or electrolyte solution, diluted sports drink or juice.
- Breast milk is best for babies. Watch for signs of dehydration.
- Gradually introduce small amounts of simple food such as soups, as the sick person's appetite returns.
- You can make an electrolyte solution at home with 1 litre of water, half a teaspoon of salt and six teaspoons of sugar.
- Alternatively if you have juice available: half a teaspoon of salt, one cup of fruit juice and three and a half cups of water.
- Please call Healthline on **0800 611 116** if you are concerned, particularly if it's a baby or child who is sick. Adults who have diarrhoea for more than 3 days should seek medical advice.

### Before cleaning up

- Keep children and animals away from flooded areas until they have been cleaned and made safe.
- Before you start cleaning up you should put on protective clothing and ensure you have suitable gear.
- Wear rubber gloves, sturdy footwear, a long-sleeved top and trousers.
- Put on a face mask (such as blue surgical mask used for COVID-19) and cover any cuts and grazes you may have to avoid infection.
- Ensure you have a shovel to remove any debris and sewage from your property, and use bin bags for waste.
- Avoid bringing footwear and clothing into the house that has been in contact with waste and debris, until it has been thoroughly disinfected.