

# 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. There is a severe life and safety issue with entering this water. Flood waters should not be used for recreational purposes.
- 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 filtered 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. Protect yourself while handling materials that have come into contact with flood waters by using personal protection equipment such as a full face N95 respirator, disposable gloves and goggles (goggles that do not have ventilation holes are recommended). These materials should be available at home improvement stores.
- Wash your hands with soap and warm water after contact with flood waters or handling items that have come into contact with flood waters. After handwashing apply hand sanitizer with at least 60% alcohol, if available.
- If you become ill with vomiting or diarrhea after contact with flood waters, contact your family doctor.

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Contact us at 1-833-476-4743 or [submit a request online](#) at [ahs.ca/eph](https://ahs.ca/eph).

PUB-0715-201306

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