

Public Health Information for Kaikoura and Hurunui (Nov 2016)

- **Wash your hands** or use hand sanitiser after toileting, and before and after eating or preparing food.
- **Your council will be advising whether you need to boil or treat water** from taps and tankers before drinking, brushing teeth or using in food preparation. Bringing water to the boil is sufficient to kill bugs. Water needs to be boiled even if the smell or taste of chlorine is present. If you cannot boil water, treat it by adding 1/4 tsp of bleach for a two litre container and letting it stand for 2 hours. After using bleach please ensure the lid is back on tight and it is out of reach of young children.
- **If you require medical attention** contact your usual GP team. You can call any time of day or night. If it's an emergency call 111.
- **If you have any diarrhoea, vomiting or fever** call your GP team or 0800 777 846 immediately. Limit contact with other people, do not go to work and do not prepare food for anyone.
- **Waterways may be contaminated with sewage.** Avoid contact with rivers, sea water, ponds, puddles or other surface water. Do not swim, surf, paddle, fish, or gather shellfish or any other food from oceans and rivers.
- **If your toilet is not working and you do not have access to either a chemical toilet or a portaloo,** bury human waste (faeces, poo, vomit) in your garden. Wash your hands or use hand sanitiser immediately after dealing with any human waste.
- **Take care with food and raw milk.** If you are unsure about the safety of food due to lack of chilled or frozen storage, do not eat it. If you are using raw milk, heat it until it's just boiling before consuming - milk straight from the cow or vat can make you very ill.
- **Check on your neighbours and look after yourself and your family.** Connecting with people, helping others, giving your time, and regular exercise are all proven to boost wellbeing.
- **Call the Earthquake Support Line** on 0800 777 846 if you need support, advice or just someone to talk to.

Canterbury
District Health Board
Te Poari Hauora o Waitaha



Take a photograph of me!