



HOW TO STAY HEALTHY AND SAFE AFTER A FLOOD

Important tips for you and your family



IMPORTANT INFORMATION:

For help in your province, you can call the Disaster Management Centre

KZN Province:

Disaster Management Centre: **033 897 5688**

For help in your area/district, call:

eThekweni Metro: **031 367 0000**

Ugu: **039 682 2414**

UMgungundlovu: **033 343 1719**

uThukela: **086 010 4257**

uMzinyathi: **034 212 2222**

Amajuba: **034 329 7200**

Zululand: **035 870 1128 OR 035 870 1130**

uMkhanyakude: **035 573 1647 OR 080 011 7770**

King Cetshwayo: **035 787 2698 OR 086 100 3473**

Ilembe: **032 437 9379 OR 032 437 9371**

Harry Gwala: **039 834 0070**

Childline -116

Avoid sickness. Make sure your water is safe for drinking



After the flood, it is best to treat **ALL** water before drinking.



You can either:

Boil tap and tanker water for at least **3 MINUTES** before use.

Water collected from rivers, streams or pools on the ground must be filtered and then boiled for **5 MINUTES** before drinking.

OR



Add one teaspoon (5 ml) of bleach into a big bucket (20 - 25 litres) of water, mix well and wait for at least **30 MINUTES BEFORE DRINKING**. Filtering water through a cloth will not kill germs, it only catches other objects.

Keep the water **COVERED** at all times.

Keeping food and water safe

Food and water can be unsafe when exposed to germs and can make you sick. Keeping food and water safe and hygienic will help prevent diseases and keep you healthy.

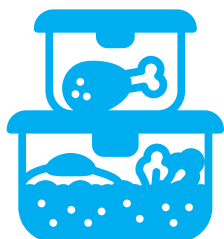
How can we keep food & water safe and avoid getting sick?

The following actions are critical to keep food and water safe:



Good household hygiene prevents the contamination of food and water.

- Wash hands regularly with soap and clean, running water (before preparing food, after visiting the toilet, after changing babies' nappies and after touching anything that is not clean).



-
- Use containers with narrow openings or spouts to protect collected water from germs and bacteria during household storage.
-



-
- Keep food and water covered to protect from contamination by flies and germs.
-

- Use a clean jug with a handle to scoop water out of the water storage container.
-

- Store food under cool temperatures to prevent spoiling and ensure safety for the longest time.
-

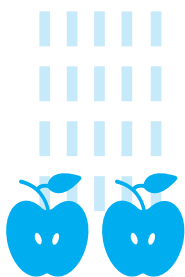
- Boil water collected from untreated water sources for at least 3 minutes before use.
-

- Use boiled water to cook and wash food as well as pots, pans and spoons or other things you use for eating.
-

- Cook food thoroughly.
-

- Keep raw and cooked food separately and defrost meat properly before cooking.
-

- Wash fruits and vegetables with clean and safe water before eating or cooking.
-





Helping children cope during a disaster

Supporting children's emotional well-being is critical to help them adjust and recover from major disasters. Left unsupported, they can experience difficulties that can affect their future.

-
- Children may feel upset or have other strong emotions in reaction to the disaster - allow them to share their experiences, concerns, and fears without judgement.
-
- Children with special needs may need extra reassurance and more explanations about the situation. Talk to teachers, parents, caregivers, and others who have contact with the child to understand how they are coping.
-
- Share simple information to help them understand the situation. Be alert for significant changes in behaviour, Some children may need help from a counsellor.
-
- A disaster can cause children stress and trauma, which can be worsened by witnessing their parents' stress - it is difficult, but it is important to reassure your child and deal with any consequences of the disaster calmly.

Childline's counselling service is available 24/7 - call 116 (free) from any network.

Advice for children in an emergency

During an emergency, all children have a right to a family, and to safety and protection.

If you feel sad, scared, or have questions about the flood and your safety, talk to an adult you trust about how you feel.



If you would like to talk to someone you can trust on the phone, you can:

- **Contact Childline by calling 116** -you can talk to them about anything - they always listen and can provide help.
 - **WhatsApp the word Tips to 078 293 9295** for more information and tips on getting mental health support.
-



**If you have lost your family or are feeling unsafe where you are, inform adults you trust to try and get help.
For help in your area, you can:**

- Call the Disaster Management Centre on **033 897 5688**
 - Call the police on **10111**
 - Call Childline on **116**
-

Fight the spread of germs and disease:

Proper handwashing techniques.

Fingers can carry germs to our mouths, especially if we don't wash our hands with soap at the important times, like before eating or after using the toilet.



Follow these steps for proper handwashing.

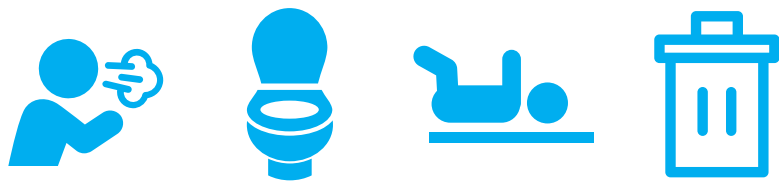
- Make sure to rub for 20 seconds.
- Wet hands with clean water and use soap;
- Rub palms together to scrub
- Rub in between fingers, back of the hand & wrist
- Brush underneath your nails
- Rinse hands thoroughly with water
- Dry hands

Fight the spread of germs and disease:

WHEN TO WASH YOUR HANDS

Always wash your hands AFTER

- coughing, sneezing and blowing your nose
- After using the toilet
- After changing babies' nappies
- After handling rubbish



Always wash your hands BEFORE

- Before and after handling any food
- Before eating
- Before feeding your baby



Keeping children healthy during and after a disaster



-
- Unhygienic conditions and lack of safe drinking water can cause infectious diseases to spread - it is important to keep children physically and mentally safe during and after a disaster.
-



-
- Wear protective clothing like gloves, face masks and boots when cleaning up. Discard all nappies, dummies and baby bottles that have been wet by floodwater.
-



-
- If fresh food cannot be kept at safe temperatures, rather eat cooked or packaged foods.
-



-
- Disinfect or use hot water to wash plastic toys that have come into contact with floodwater. Discard soft toys and items that cannot be disinfected.
-

-
- Make sure to carry on with antenatal care, postnatal care, child immunization and other health services.
-



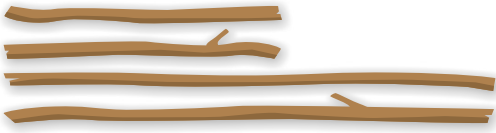
-
- Keep raw and cooked food separate.
-

-
- Give babies under 6 months breastmilk **ONLY**. It is the most nutritious food for children and the best way to protect them from illness and disease.
-

Be a Handwashing Hero – build your own Tippy Tap

WHAT YOU WILL NEED

4 STRONG POLES or STICKS for creating the frame (2 x 1 metre poles, 2 x 2 metre poles)



TOOLS for digging holes in the ground



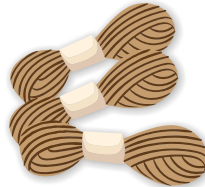
PLASTIC CONTAINER to hold water



NAIL to puncture water container



STRING or THIN ROPE for tying poles, water container and soap



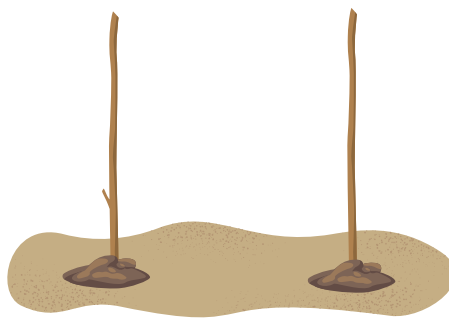
GRAVEL for drainage



SOAP for handwashing



1 Dig two holes 300–400mm deep and half a meter apart.



2 Plant one 2m pole in each of the holes. Ensure that they are level and stable.



3 Pierce two holes into the top of the water container using a nail.



4 Make a hole in the soap and thread the string through for tying.



5 Slide a 1m pole through the handle of the water container.



6 Secure the stick with the water container across the other 2 poles using thin rope or string and attach the soap.



7 Fill the water container with water and attach a string to the lid. The string must be long enough to reach the ground.



8 Attach the other end of the string to the fourth stick and create a foot pedal.



9 Make a gravel basin below the water container to prevent a muddy area.



Remember:

Helping communities in need is done free (at no charge)! No one has a right to demand **ANYTHING** from you or ask for any form of payment



Be ready for a flood.

Save emergency numbers in your cell phone and keep your medicines, ID book and documents, cell phone and charger in a plastic or waterproof bag. Don't go into flood water. If water or mud looks like it might enter your home, put sandbags in the path to try and keep it in one place and walk around it to get away.

Important tips for you and your family

HOW TO STAY HEALTHY AND SAFE AFTER A FLOOD



**important tips for you
and your family**