



Cleaning Up Outdoors

Recommendations for workers, residents and volunteers cleaning up after a flood

When cleaning up outdoors, you can come in contact with contaminated water or materials.

Common Health Problems

Contact with water contaminated with germs, fecal matter or other pollutants can cause

- skin irritations or infections,
- tetanus, especially if there is a wound or a cut on the skin,
- gastroenteritis, if contaminated water or objects get in the mouth.

Prevention Measures and Personal Protective Equipment

- Wash hands frequently.
- Wear clothes that cover the arms and legs, safety boots and rubber work gloves.
- Keep contaminated water and objects away from skin, eyes and mouth.
- Wear safety glasses or a visor and a protective mask when there is a risk of splashing.
- Make sure you are away from the work zone when you drink, eat and put on or take off contact lenses.

Tetanus Vaccination

- Tetanus is a serious infection. It can develop when a wound comes in contact with contaminated water or objects.
- Many adults are not up to date on their tetanus shots.
- Adults need a booster shot every 10 years after getting their first vaccine (3 doses during childhood).

Additional Precautions

- Avoid contact with dead animals or fish; use a shovel to move them.
- Don't try to move containers of unidentified chemical products or damaged propane tanks.
- Don't go near wild animals.

In Case of Injury

- Immediately clean all wounds, even minor ones, with soap and clean water.
- Cover wounds with airtight bandages.
- Consult a health professional even if you've had a tetanus shot. Other preventive treatments or vaccines may be recommended.

To update your vaccinations:

- Contact your local CLSC
See www.santemontreal.qc.ca/en/public

For serious wounds or animal bites that have broken the skin

- Call INFO-SANTÉ at 8-1-1 or go to a clinic near you

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