≈ **A**void touching your face, eating, drinking or smoking during water activities

≈ **W**ash or shower afterwards

≈ **A**void unnecessary immersion

≈ **R**emember to cover cuts with waterproof dressings

≈ **E**nter at your own risk

Health Advice

Bristol City Council has produced this card in partnership with the Health Protection Agency providing health advice and guidance to individuals taking part in recreational activities or working in or near Bristol's fresh watercourses.

Health Protection Agency

Our city safer and healthier

BRISTOL CITY COUNCIL

This health advice card is provided for YOUR protection. Keep it in a safe place and take it with you if visiting the doctor or hospital.

The owner of this card is engaged in work or recreational activity that may bring them into close contact with the river/harbour environment

www.hpa.org.uk
www.bristol.gov.uk/rivers

what are the risks?

≈ Leptospirosis (Weils Disease)
≈ Hepatitis   ≈ Gastroenteritis
≈ Poliomyelitis   ≈ Tetanus

Information regarding the signs and symptoms of these and other health risks is available from the following sources:

≈ Health Protection Agency website
   www.hpa.org.uk
≈ Your Family Doctor
≈ Your Occupational Health Departments

reduce the risks ...

Immunisation can minimise the risks from hepatitis, tetanus, and polio.

Sensible precautions can reduce the risks:
1. Cover cuts with a waterproof dressing.
2. Wear footwear to protect feet from cuts.
3. Avoid unnecessary immersion, especially of the head.
4. Avoid rubbing your nose or mouth with your hands during activities.
5. Wash your hands thoroughly following exposure.

reduce the risks ...

If you experience any feeling of being off colour or develop flu-like symptoms following contact with waterside environments, you should consult your doctor immediately and take this card with you.

Reduce the risks   *be* water *aware*   at all times