



HEALTH ADVISORY

May 2009

Guidelines and Precautions for Anyone Working in Inland Lakes and Streams

Projects to clear or move logs and debris in inland lakes and streams can expose you to contaminated water or subject you to cuts and abrasions. Inland lakes and streams can be contaminated by overflows from combined sewer discharges, non-point source pollution, municipal or industrial discharges and leaks, etc. The risk of contracting disease is likely greater during the two or three days immediately following major rainstorms.

The following recommendations are intended to reduce the potential for injury or disease.

Personal Health

- You should be in good health with no open wounds or cuts.
- Immunizations should be up to date, especially those for tetanus and polio.
- Immune globulin may be indicated following direct exposure to sewage contamination. The necessity for immune globulin varies depending on the circumstances of each case. Consultations and recommendations regarding the need for immune globulin following exposure is available to any individual by contacting their local health department or private physician.

Wearing Apparel

- Work gloves and protective clothing should be worn to prevent cuts and abrasions. We recommend wearing long pants and a long-sleeved shirt to protect arms and legs.
- Wear boots or shoes with sturdy soles to prevent puncture, and try to keep lower extremities dry. Wearing tennis or basketball shoes or sneakers is discouraged.
- If there is full body immersion, i.e., submersion below the water surface, then you should go to a site where you can wash thoroughly with clean water and soap, dry, and put on dry clothing. Special attention should be given to cleaning the face, hands and shampooing the hair. It is suggested that each person have an extra set of clothing available.

Practices at the Work Area

- Splashing river water by individuals as pranks is strongly discouraged.
- Try to avoid getting water around your mouth, nose, ears and eyes.