



Healthy Land & Water

Healthy Waterplay supports regionally consistent monitoring of recreational water quality in South East Queensland and provides information about potential health risks associated with water-based recreation.

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For more information about the waterways of South East Queensland please visit the Healthy Land and Water website. There are other fact sheets and educational resources available.

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Enjoying our waterways safely

The standard of waterways in Australia is generally very good, with our waterways suitable for recreational activities most of the time.

However, there is a strong link between rainfall events and the health of our waterways. Rainfall can wash pollutants into our waterways causing certain areas to become unsuitable for recreation.

Waterway pollution can lead to mild illness such as stomach upsets and infections. Use your best judgment (and our top tips) to keep safe while enjoying our waterways.



Redland City Council



Top tips for enjoying our waterways safely



South East Queensland offers an abundance of great recreational waterways, which are generally clean and safe for everyone to enjoy.

Healthy Waterplay is a collaborative project supported by:





What you can do

There are several things you can do to help keep our waterways safe and clean for everyone to enjoy.

- Use designated toilet and waste facilities such as boating pump-out stations.
- Avoid swimming if you have diarrhoea or vomiting.
- Clean up after your pets, ensuring their waste does not enter our waterways.
- Take litter home with you and pick up any litter you see if it's safe to do so.
- Maintain on-site sewerage facilities such as septic systems, contact your local government for advice.

For more information, visit the Healthy Land & Water website www.hlw.org.au



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Always use your common sense and best judgment to decide if it is safe to enter a waterway.

Top tips to remember

- Avoid activities such as swimming, surfing, and jet skiing in open waterways and beaches during, and at least **one day** after heavy rain, and for at least **three days** after heavy rain in rivers, lakes and estuaries.
- Always avoid swimming in or near stormwater drains.
- Look out for indicators of pollution before entering waterways including discoloured or strong smelling water, and floating litter, scum or debris.
- Avoid contact with waterways if you have open cuts or infection.
- Look for posted warning signs and follow the advice on them.

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Frequently asked questions

How do I report a pollution incident?

Please contact your local water utility to report a sewage spill, other pollution incidents should be reported to your local government.

What should I do if I come into contact with potentially polluted water?

Wash with soap and clean water as soon as possible. Pay particular attention to any open cuts to prevent infection.

What should I do if I get ill?

If you experience stomach upsets or infections after contact with a waterway, please visit your doctor for medical advice.

Who is most vulnerable?

Some people are more vulnerable to contracting illness and infection than others. Children under five years old, the elderly, people with compromised immune systems and people with open cuts are generally most at risk.