

Environmental Health

The Shire of Exmouth is committed to providing health and well-being opportunities for the whole community while also ensuring public health and safety. The following newsletter details the upcoming Living Smart program, gives some health and safety tips if you plan on enjoying the outdoors this autumn and gives an overview of current health issues present in Exmouth.

The Living Smart Program



Back by popular demand; the Living Smart Program is on again! Living Smart is a great way to learn more about what you can do in your own life to become more sustainable - from saving power and water, thinking about transport, healthy homes and lifestyles, growing your own food and retrofitting your home.

This is a practical, hands-on course facilitated by a group of locals that completed the Living Smart Facilitator Training last year. The course is for 6 weeks with 7 sessions including outings and hands on gardening. The course details are outlined below:

Where:	Durack Institute of Technology, Pellew Street, Exmouth
When:	Tuesday Evenings 6-8:30pm
Course Duration:	26 May to 30 June 2015
Cost:	\$40 (membership with "Be Living Smart") \$20 Concession - (limited placements)

Register now and wriggle your way in to a chance to win a Worm Farm.

To enrol or for more information contact the Shire Office on 9949 3000 or reception@exmouth.wa.gov.au.

Sponsored by Shire of Exmouth, Woodside and Lotterywest



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The next Ordinary Council Meeting will be held on Thursday 28st May 2015

Healthy Camping Tips

The peak holiday season is in full swing and camping out under the stars is high on the agenda. Here are some camping tips to help keep you and your family safe while camping:

- Use a freezer ice pack rather than ice to keep food cold because they drip less. Loose ice melts and the drip can possibly transfer contaminants from one food to another. If you use loose ice, store everything in sealed containers to prevent cross-contamination and drain the esky frequently.
- Place your esky in the coolest part of your car when you're travelling or in the shade when setting up your camp.
- Refrigerate or freeze food the day before you pack it. This way it's already cold when you put it in the esky.
- Separate raw food from cooked food. Place raw meat and poultry in sealed containers and pack them at the bottom of the esky to keep their juices from dripping onto other food. Place fruit and vegetables on top and in sealed containers.
- Follow the same hand washing rules outdoors as you do at home. Bring some soap and wash your hands with clean water and dry well. Bring a hand sanitizer along to use if water is not readily available.
- Make sure you don't camp near stagnant water, wear long loose sleeves and pants in the evening and insect repellent containing DEET or Picaridin on exposed skin to avoid getting bitten by mosquitoes.
- Protect yourself from the sun, wear sunscreen, cover up with clothing, wear a broadbrim hat and find some cool shade during the hottest part of the day.
- Keep flies at bay by tightly wrapping waste and disposing of rubbish in bins provided or take it back home with you.

Giardia Disease Warning for Exmouth

There has been an increase in Giardia cases and the Shire of Exmouth wish to warn residents to take extra care with hand hygiene to stop ongoing Giardia infection.

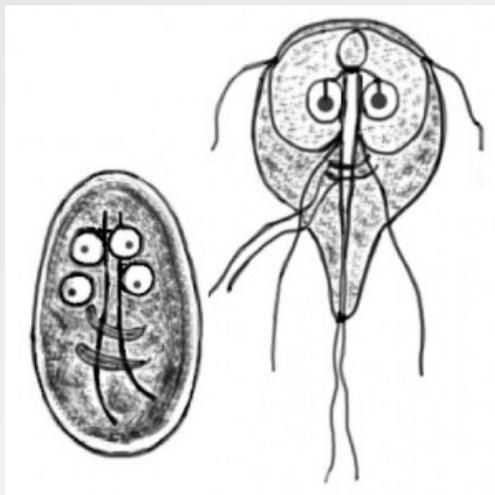
Giardia infection causes an illness characterised by foul smelling, greasy or watery diarrhoea, stomach cramps, nausea, weight loss, bloating, belching and wind, loss of appetite and fatigue. If you are experiencing such symptoms or think you may have Giardia you should seek medical attention from your GP or local hospital. The illness can be cured with antibiotics and following the steps below.

The source of Giardia infections are usually through eating or drinking food or water that contain cysts or from infected surfaces via hand to mouth transfers.

People most susceptible to the illness are children under the age of 4, especially if they are not toilet trained and child care workers.

Potential sources of Giardia contamination are:

- Swimming pools and spray parks
- Surfaces of toys, bathrooms fixtures, nappy changing tables
- Person to person contact between young children
- Uncooked food, fruit or vegetables



Cartoon representation of Giardia virus

Help us stop Giardia infection by following these steps:

- Wash your hands with soap and water after going to the toilet and before handling food.
- Don't drink untreated water.
- Wash or peel all raw vegetables and fruits before eating.
- Wash separately all articles of clothing soiled with faeces.
- Don't share your towel or wash it with other clothing or linen.
- Don't enter swimming pools or spray parks if you or a member of your family has Giardia.
- Don't handle food, if you work in a cafe or restaurant unless a medical clearance certificate has been obtained.

For more information please contact the Shire's Environmental Health Officer 9949 3000

Increased Mosquito Activity

A reminder that with recent rainfalls community members should check backyards and make sure there are no areas where mosquitoes could breed. Also make sure if you have a rainwater tank that it is still sealed and septic systems are still mosquito proof.

There has been a warning issued for the Midwest and Gascoyne region for people to be vigilant and remember to cover up and protect themselves from mosquitoes. This warning has been issued due to the increase number of Ross River Virus cases recently received for the Midwest and Gascoyne area. If you are travelling to the area please take the necessary precautions, don't camp near stagnant water, make sure you wear long loose fitting clothing and use a mosquito repellent containing DEET or Picaridin on exposed skins.

Newsletter delivery information

This newsletter is distributed to all PO Boxes in Exmouth, and is available for pick-up at the post office, shire offices and the Public Library. This newsletter and other information (for example grant information, upcoming events etc) can also be emailed electronically and via Exmouth Info. Send an email to cdo@exmouth.wa.gov.au to register your interest and let your friends know about this opportunity.

This newsletter is available in alternative formats upon request