

## **Stock losses in the floods and heat: Look after yourself, your family and mates**

Graziers are facing an unprecedented disaster. We cannot save all the cattle. We cannot bury all the carcasses. But we can protect our physical and mental health.

### **Priorities:**

#### **1 Your body:**

- Take precautions against disease and injury. Don't take risks.
- Elderly and chronically ill people – do not get in the mud and dirt. Take support roles only.

#### **2 Your mind and emotions:**

- Talk about it. Support each other. Get help if you are struggling. Ring a helpline (below)
- Go easy on alcohol or other drugs

#### **3 Your livelihood:**

- Community Recovery 1800 173 349
- Qld Rural and Industry and Development Authority – grants - 1800 623 946
- Department Human Services – recovery payments – 180 22 66

### **Disease risks:**

- Wash your hands. Often.
- Carcasses can swell and burst. They release contaminated liquids. Avoid touching them directly
- Gastro from germs in rotting cattle
- Severe wound infections from contaminated mud
- Tetanus from dirty wounds
- Melioidosis or Leptospirosis from flood water contact or droplets
- Q fever from animal contact, or dust from birth products (after it dries out)
- Heat exhaustion and heat stroke
- See detailed instructions from DAFF on carcass disposal (below)

### **Beat the heat:**

- Carry and drink a lot of cool, clean water
- Keep out of the sun in the heat of the day

### **Protective gear:**

- Wide hat, sunglasses, sunscreen, boots and gloves
- Move dead animals with a backhoe, not your hands
- If in contact with carcasses or livestock, wear long pants and sleeves
- Soon you will need insect repellent for mozzies and flies. Use DEET or Picaridin
- When it dries out, you may need a particulate (P2) face mask for dust

**Wounds:**

- Even a small cut or graze can become infected from mud
- Wash wounds carefully, consider antiseptic, then a waterproof bandage. Keep it dry and clean  
Get a health check *before* it gets infected and check your tetanus shots

**Immunisations:**

- Tetanus: After confirmed childhood doses, you still need a booster at least every 10 years, and *after any dirty wound*
- Q Fever shots would take up to six weeks to work, including preliminary tests. Those already vaccinated should handle stock if possible

**More information:**

Health advice: Your own doctor or call the nurse at 13HEALTH (13432584)

Or visit: <https://www.qld.gov.au/community/disasters-emergencies/recovery-after-disaster/cleaning-up>

Mosquito borne disease prevention:

<https://www.qld.gov.au/health/conditions/all/prevention/mosquito-borne>

Black flies:

<http://conditions.health.qld.gov.au/HealthCondition/condition/20/122/814/black-flies>

Flooded homes:

<https://www.qld.gov.au/community/disasters-emergencies/recovery-after-disaster/cleaning-up/returning-to-buildings>

DAFF guidelines for handling carcasses:

<https://www.daf.qld.gov.au/business-priorities/agriculture/disaster-recovery/natural-disaster/carcass-disposal>

**Help lines:**

NQConnect – 1300 059 625

Lifeline – 13 11 14

Kids Helpline – 1800 551 800

1300 MH CALL: Mental health access line – 1300 642 255

National Indigenous Critical Response Service (NICRS) – 1800 805 801

Community Recovery Hotline – 1800 173 349

Qld Rural and Industry and Development Authority – grants - 1800 623 946

Department Human Services – recovery payments – 180 22 66

Emergency Housing Assistance – 13 74 68

Translating and Interpreting Service – 13 14 50