

HEALTH & WELLBEING SUPPORT

Royal Flying Doctor Service - Flying Doctor Wellbeing - Available to those aged 18+. Call (03) 8412 0480.

Rural Financial Counselling Service - free and confidential financial support - Call 1300 735 578

Mind Australia Bendigo Call 1300 286 463 or visit mindaustralia.org.au

Orange Door - You have a right to be safe - Call 1800 512 359

Australian Community Support Organisation (ACSO) - An intake organisation for Alcohol and other Drugs, Mental health, Youth and other clinical services for the Loddon area.

1800respect - Confidential information, counselling and support service. Call 1800 737 732

Nurse on Call 24 hour caring and professional health advice 1300 60 60 24.

Lifeline: 24hr crisis support and suicide prevention services: 13 11 14 or lifeline.org.au

Beyond Blue Information and support for anxiety and/or depression: 1300 224 636 or beyondblue.com.au

Kids Help Line 24hr phone and online counselling service for people aged 5-25: 1800 551 800 or kidshelpline.com.au

Seniors Rights Victoria - Elder abuse, prevention and support - 1300 368 821

Emerging Minds Provides resources for parents, carers, and families about infant and child mental health: emergingminds.com.au

Translation and Interpreter Services Provides access to phone and on-site interpreting services. Requests must be submitted at least 48 hours in advance. www.tisnational.gov.au

National Relay Service Assistance making a phone call if you are deaf or have a hearing or speech impediment. Speak and listen number: 1300 555 727.

LOCAL SUPPORT SERVICES

Community Health/Hospitals

Boort District Health
3 Kinary St, Boort P: (03) 5451 5200

Inglewood and District Health Services
3 Hospital St, Inglewood P: (03) 5431 7000

Northern District Community Health
P: (03) 5451 0200

Boort Medical Centre
2 Coutts St, Boort P:(03) 5451 5200

Dingee Bush Nursing Centre
21 King St, Dingee P:(03) 5436 8309

Marong Medical Practice
8 Hospital St, Inglewood P:(03) 5438 3308

Wedderburn Health Clinic
25 Wilson St, Wedderburn P: (03) 5494 3511

Legal Services

Loddon Campaspe Community Legal Service P: 1800 450 909

Neighbourhood Houses

Boort Resource and Information Centre (BRIC) 119-121 Godfrey St, Boort P: (03) 5455 2716

Inglewood Community Neighbourhood House
Cnr Verdon & Market St, Inglewood P: (03)5455 2716

Pyramid Hill Neighbourhood House
43 Kelly St, Pyramid Hill P: (03) 5455 7129

Wedderburn Community House
24 Wilson St, Wedderburn P: (03) 5494 3489

Removing mould in and around the home

Flooding, excess moisture and pooled water can cause mould growth in your home. This may be a health risk for you and your family.

How to clean up mould

If you're cleaning mould yourself, make sure you wear protective gear. Fungi can grow on clothes, walls, doors, furniture and ceilings. It's important to clean and remove mould properly as it can lead to severe health effects.

Preventing mould after a flood

- When returning to a flood-affected house or building, open all the doors and windows to help it dry out.
- If possible, use fans or air conditioners on dry mode to speed up the process.
- If the roof space was flooded, it also will need extra ventilation to speed up the drying process.
- Throw out porous items that can't be easily cleaned and have been wet for more than two days. This includes items such as mattresses, carpet, leather goods and ceiling insulation.
- Control moisture around your house to prevent mould growth.
- Add anti-mould solutions to paint if you are repainting walls or other hard surfaces prone to mould growth. Ask your painter or hardware supplier for details.
- Plants and bushes growing on or close to outside walls help to hold in moisture and promote mould growth. Try to clear plants, bushes and soil away from walls.
- Use moisture-removing packs in wardrobes or cupboards.
- Dust regularly.
- Low-wattage lamps may stop mould growing on clothes and shoes in closed-in spaces.
- Keep fans on so air can circulate around the house and in areas prone to damp and mould.
- Use dehumidifiers and air conditioners with dry mode.

If you have mould that keeps returning, you need to find the source and fix it. Your mould might be coming back because you have a plumbing issue or your house is becoming dilapidated.

You should not clean mould off anything yourself if you are allergic to mould or are immunocompromised. Use a professional mould-removal service instead.

Cleaning shoes, fabrics and soft furnishings

Hospital-grade disinfectant is recommended to kill mould on leather shoes.

- Make sure you're protected before you start. The area you're working in should be well-ventilated. Victoria Health says to wear rubber gloves, an N-95 mask, eye protection, covered shoes and long-sleeved shirt and trousers.
- Use a hospital-grade disinfectant to clean leather and other semi-porous materials such as suitcases and backpacks.
- Microfibre cloths should be used to clean mould off these semi-porous materials as they will trap the spores instead of spreading

Avoiding mosquitoes

Rain and flooding may lead to a substantial increase in mosquito numbers as water subsides and pools form. Mosquitoes can carry diseases which can be passed on to people through mosquito bites. Protect yourself from mosquito-borne disease by removing mosquitoes breeding sites to prevent illness from mosquito-borne disease.

After a flood mosquitoes breed in still or stagnant water. To prevent mosquitoes from breeding around your home:

- Tip water out of pots, plant-saucers, play equipment, and other containers in the yard.
- Remove any debris in the yard that collects water, such as old tyres, cans, tarpaulins or palm fronds. Remove pools of standing water by clearing debris or digging small channels to assist drainage.
- Check for damaged fly screens on windows, doors and vents. Repair or install new screens if required. Install mosquito-zappers or use coils to deter mosquitoes around the home.

For more information visit the Victorian Government's Department of Health website <https://shorturl.at/fjrRU>

LODDON SHIRE SERVICES AND CONTACTS

Loddon Shire Council's Flood Recovery team would love to hear from you and assist you through your flood recovery.

Please get in touch if you would like to chat about flood recovery for you and your community.

Call Mal: 0499 978 145 or Josie: 0474 911 783

them.

- If you have mould on soft furnishings, don't try to clean it off with liquid detergents or disinfectants. Use a HEPA-rated (high-efficient particulate air) vacuum to clean the mould off soft furnishings. It will prevent the mould spores leaving the vacuum and going back into the air.
- If the vacuum doesn't remove the mould from the fabric you should dispose of the furnishings.
- If there's mould over your entire wardrobe, vacuum the mould off the clothes and wash them in warm vinegar water. If this doesn't remove the mould you should dispose of the clothes.

Mould on ceilings and walls

When it comes to cleaning mould off hard surfaces like plasterboard it's best to clean the area first with a detergent like sugar soap to physically clean the mould and dirt off.

- Once the area is clean, use bleach, hospital-grade disinfectant or hydrogen peroxide to kill any mould remaining.
- Vinegar (acetic acid) is also fine, but the sanitisers listed above are stronger and more effective mould killers.
- Use canning vinegar if you can get it rather than what you find in the supermarket as it's much stronger than bleach, but beware that it will irritate your eyes.
- Use three buckets with multiple microfibre cloths. Rinse each cloth you use in a separate bucket before you use it again on the surface to prevent cross-contamination.
- Wash the cloths on a hot cycle with vinegar to clean them afterwards, but check it's safe to use vinegar in the machine first.

Removing mould from wooden furniture

- Use microfibre cloths and hospital-grade disinfectant to remove mould from wood. Avoid bleach and hydrogen peroxide as these may ruin or discolour the furniture.
- Use microfibre cloths as they will trap the mould rather than allowing the spores to spread.
- Don't forget to use three buckets of clean water to rinse the cloths in.



Safety tips for removing mould

Victoria Health says to make sure you open doors and windows before you start to allow air to circulate.

- Protect yourself with gear including an N-95 mask and eye goggles or safety glasses.
- Don't brush the mouldy area — spores that end up in the air can be breathed in.
- Throw out anything that can't be cleaned such as cardboard boxes and mattresses.

Source: Adapted from the ABC emergency website 'How to clean up mould' <https://shorturl.at/iyHLT>

For more information visit the Victorian Government's Better Health channel at <https://shorturl.at/evLQ5>



Mosquitoes can spread serious diseases

- Apply mosquito repellent evenly to exposed skin. Pack repellent when going for walks, camping, fishing, or travelling
- Wear long, loose-fitting, light-coloured clothing, and closed shoes
- Empty buckets of water around home to stop mosquitoes breeding

For up-to-date information regarding flood recovery and council services:

- Visit our website at www.loddon.vic.gov.au
- Call our office between 8.15am-4.45pm, Monday-Friday on (03) 5494 1200; or
- Go to our Facebook page facebook.com/LoddonShire/