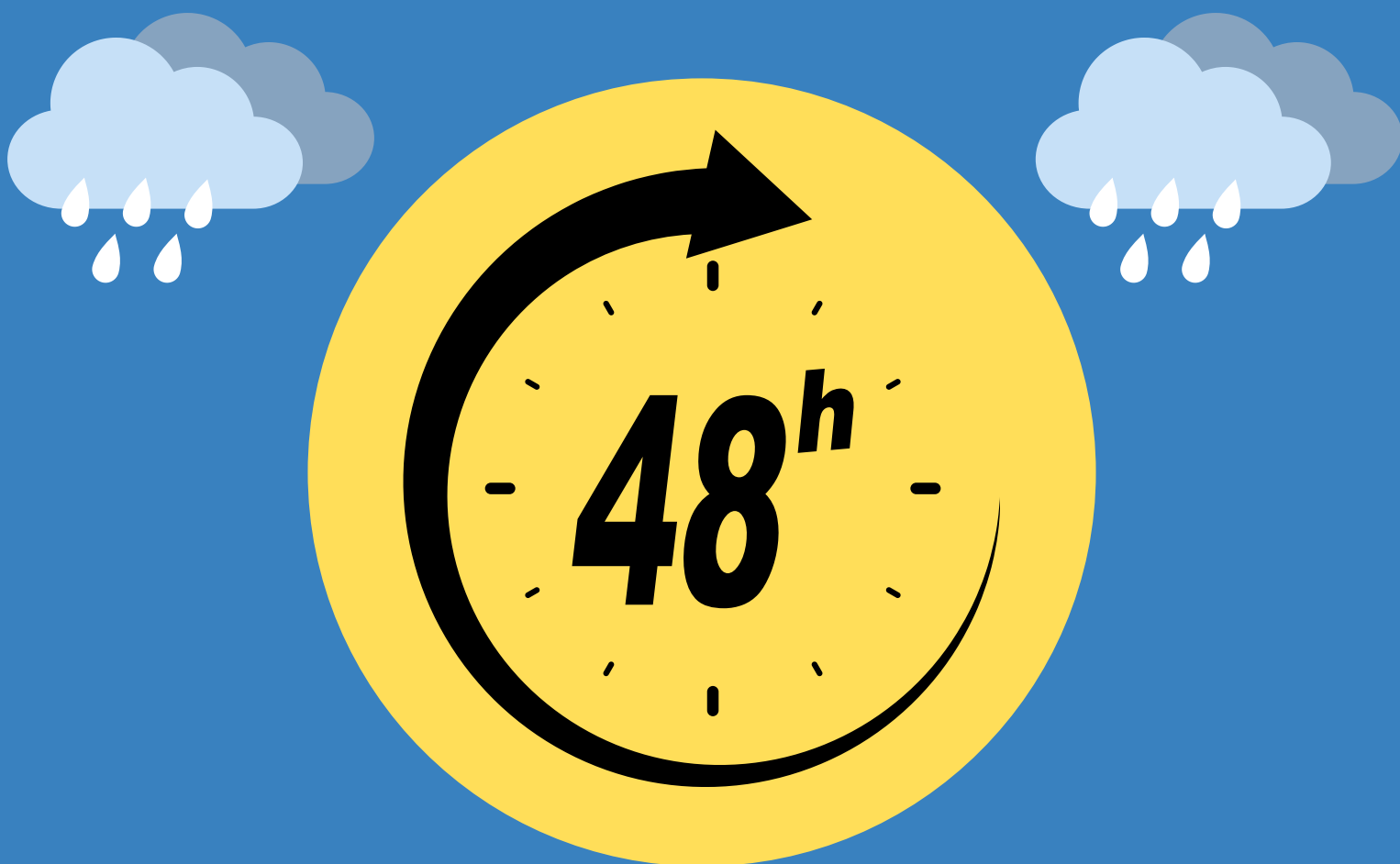


Protect your health with the 48 hour rule

After a heavy rainfall event it is important to avoid contact with the water for at least 48 hours to prevent the risk of getting a recreational water illness.



The 48 hour rule applies to swimming, paddling and other recreational water activities, whether submerged or not, such as canoeing, surfing and fishing.

Following the 48 hour rule can prevent the risk of an upset tummy – or worse!