





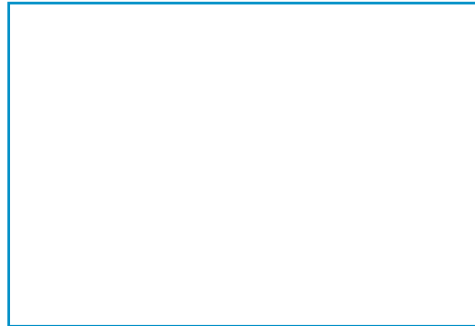
BEACH HEALTH

Beach users should be aware that playing in beach streams carries a risk of illness and are therefore advised to follow the simple steps outlined below:

-  Do not drink water from beach streams
-  Avoid splashing stream water into your mouth
-  Wash hands in clean tap or bottled water before eating
-  Observe local beach safety information



For further information and advice please contact your Local Environmental Health Department.



BEACH HEALTH
INFORMATION
IN ASSOCIATION WITH
THE HEALTH PROTECTION
AGENCY SOUTH WEST

BEACH STREAMS HEALTH INFORMATION



BEACH HEALTH

South West England is the UK's most popular leisure destination. Many visit the region to take advantage of its rural landscape and natural environmental assets, which includes its extensive coastline and numerous beaches.



There are enormous benefits to health and well being from spending leisure time on the glorious beaches in the South West, including rest, relaxation and exercise.

In order to enjoy these recreational environments safely, it is wise to be aware of some of the potential adverse health effects, such as:

- Sunburn
- Dehydration
- Physical injury

BEACH HEALTH

Look out for local beach information displayed on beach signs and leaflets. It will provide advice on how to make the most of your visit safely.



The following additional beach health information here refers specifically to beach streams.

Beach streams

Natural waters such as rivers and streams will contain a range of bacteria, viruses and micro-organisms, some of which may cause illness. The number and type of organisms in the water will vary throughout the year depending on surrounding land use, the size of the catchment area and local weather conditions. Heavy rainfall usually results in an increase in the number of organisms. Should illness occur, the symptoms can vary in severity from a mild stomach upset and

BEACH HEALTH

rarely to a more serious condition requiring hospital treatment.

Along the South West coastline there are a number of rivers and streams that travel through urban and agricultural land before entering the sea across popular beaches. These relatively shallow areas of water on a beach may be particularly attractive for young children to play. However it is not possible to tell by looking at the river or stream whether the water contains any bacteria or viruses, which could be harmful to human health.

