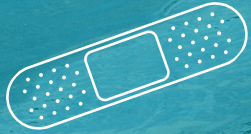


Water quality advice for paddlers



Cover cuts and abrasions, including blisters, with waterproof dressings.



Avoid swallowing river water and keep your water bottle clean.



Check the weather. Poor water quality is more likely after heavy rain.



Check, clean, dry equipment to remove contamination and invasive species.



Always wash your hands before eating or drinking.



If you become sick, contact your GP with details of when and where you paddled.



Report pollution to the Environment Agency hotline: 0800 807060