Environmental Public Health Service Wales

publichealth.environment@wales.nhs.uk
chemicals.cardiff@ukhsa.gov.uk
0300 0030032
Public Health Wales
Capital Quarter 2
Tyndall Street
Cardiff, CF10 4BZ
https://phw.nhs.wales

Nov 2025

Health concerns briefing – Flooding, Monmouth

Flood water may be polluted by sewage, chemicals and animal poo. Wear rubber boots, waterproof gloves and a plastic apron while cleaning up for protection. If the clean-up causes a lot of water to splash from scrubbing, hosing or pressure-washing, wear a safety face mask. Wear eye protection such as goggles. Wash your hands with soap and water regularly.

Keep any open cuts or sores clean and dry. Wearing waterproof plasters and bandages can help.

If you become ill after accidentally swallowing floodwater or mud, particularly if you develop diarrhoea, a fever or stomach pains within 10 days of being in contact with floodwater or sewage - contact NHS Direct 111 or your doctor.

Do not switch on electrical appliances that may have been in contact with floodwater until a qualified electrician has checked them as there is a risk of electrocution.

Do not use a petrol or diesel-powered generator indoors as there is a serious risk of carbon monoxide poisoning which can kill.

Longer-term effects can include mental health problems and chest problems due to exposure to mould and damp. Heating, dehumidifiers and good ventilation can help to dry out your home.

Most people will not encounter any health problems from short-term exposure to mould and damp. But, over time, if the house isn't dried out properly mould and damp can exacerbate asthma and lead to eye and nose irritation for some people

It is normal to feel tired, have difficulty sleeping, and feel anxious during these circumstances. Take regular breaks and seek help from others where possible. Look out for one another, check in with friends and neighbours.

It can take time to recover after a flood. It's normal to feel stressed or anxious but if this continues then do seek mental health support.

For more information on dealing with flooding including advice on how to safely clear up:
Flooding

Mental health and wellbeing support is available from the Hapus website which aims to improve understanding of the factors influencing mental wellbeing and encourage people to take action to protect and improve it. The website includes a range of "wellbeing tools" (under "Resources"), from advice booklets to short videos and activity guides which people can engage with to help boost wellbeing. It also includes a section on what people in Wales have told us helps their mental wellbeing (under "Get Inspired").

https://hapus.wales/