

CIWW RIVER ELY WATER QUALITY INFORMATION

The water quality in Cardiff Bay can vary from very good to poor. In all open freshwater in the UK there is a risk of catching various infections and diseases, and in particular for young children and those persons who are immunocompromised. Types of infections that are common include minor gastro-intestinal complaints, eye, ear and throat infections. Rarer but more serious diseases include *E. coli* O157, cryptosporidium, dysentery, Weil's disease (leptospirosis) and hepatitis A. The risk of contracting these diseases is very low but they can cause serious, even fatal, illness.

The risk is greatly increased by ingestion of the water, particularly when the water quality is poor. The current predicted water quality of the River Ely is displayed on the CIWW Water Information Board in Reception or on www.cardiffharbour.com

It is for this reason that swimming, for example, is presently prohibited in the Bay. Other immersion sports such as water skiing and windsurfing are permitted only when authorised by the Harbour Authority. A list of prohibited water based activities can be obtained from the Harbour Authority.

WHAT CAN BE DONE TO REDUCE THE RISKS?

The risk of contracting serious illness is low but by taking sensible precautions, the risk of infection can be further reduced. You should cover cuts with a waterproof dressing; wear footwear to protect feet from cuts; avoid ingestion of water and avoid unnecessary immersion, especially of the head. You should always wash your hands with liquid soap and fresh water immediately after any activity on the river, even if you don't think you have been exposed to any of the river water. If you have been in contact with the river water, wash or shower afterwards using soap and freshwater especially before eating and drinking.

WHAT SHOULD I DO IF I FEEL UNWELL AFTER CONTACT WITH RIVER WATER?

All urban river systems can have varying water quality, and there is always the possibility of getting ill following immersion activities. Whilst we manage our operations to minimise this risk, it is essential that you thoroughly wash your hands following contact with the water immediately after any activity, and limit ingestion of water wherever possible.

Should you feel unwell following time on the river, then see your doctor and explain what activities you have been doing and when

For further information on all the above, please see the Bay Safety leaflet or contact Cardiff Harbour Authority on 02920877900 or visit the website www.cardiffharbour.com