

## 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.

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?

If you feel unwell following contact with open water, then see your doctor as soon as possible. Explain that you have been in contact with river water and when and how this contact occurred.

### ZEBRA MUSSELS AND KILLER SHRIMP CONTROL METHOD

Zebra Mussels and Killer Shrimp have been identified in Cardiff Bay and the River Ely. Therefore to prevent the spread of these you are advised to make use of the dip tanks for your wet gear and wash down facility provided at the side of the building after returning from the Ely.

Please use a visual inspection to make sure that your equipment is free from any living organisms.

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](http://www.cardiffharbour.com)