

Flood Recovery: Safety & Health Guidance

November 2025

**Adfer ar ôl Llifogydd: Canllawaid
Diogelwch ac Iechyd**

Tachwedd 2025

Safety and Health during Flood Recovery

The Environmental Health team is available to answer any questions you have about safety and health during this difficult time.

Flooding can have an impact on your physical and mental health. There is a lot of information available online at:

[Flooding and health: advice for the public - GOV.UK](https://www.gov.uk/government/collections/flooding-and-health-advice-for-the-public)

Drying your property and health

It is important to maintain good ventilation to speed up the drying process. This is also important for health reasons; prolonged exposure to mould and damp can have harmful effects. Balancing heating and ventilation is key to speeding up the drying process. Dehumidifiers work best when the air is warmer – warm air encourages evaporation and ventilation, and dehumidifiers will remove the moisture from the property. Using fans to increase air movement will also help.

Protect yourself – wear suitable gloves and wash your hands regularly, especially before eating. Try not to create splashes and sprays – if this cannot be avoided, wear a face mask.

Wash contaminated clothing on a hot wash.

Diogelwch ac iechyd wrth adfer ar ôl llifogydd

Mae'r tîm Iechyd Amgylcheddol ar gael i ateb unrhyw gwestiynau sydd gennych ynghylch diogelwch ac iechyd yn ystod y cyfnod anodd hwn.

Gall effeithiau llifogydd gael dylanwad ar eich iechyd corfforol a meddyliol. Mae llawer o wybodaeth ar gael ar-lein ar:

[Flooding and health: advice for the public - GOV.UK](https://www.gov.uk/government/collections/flooding-and-health-advice-for-the-public)

Sychu eich eiddo ac iechyd

Mae'n bwysig cynnal awyru da i gyflymu'r broses sychu. Mae hyn hefyd yn bwysig am resymau iechyd; gall amlygiad hirdymor i lwydni a lleithder gael effeithiau niweidiol. Mae cadw cydbwysedd rhwng gwresogi ac awyru yn allweddol i gyflymu'r broses sychu. Mae dadleithyddion yn gweithio'n well pan fo'r aer yn gynhesach – mae aer cynnes yn annog anweddiad ac awyru, a bydd dadleithyddion yn tynnu'r lleithder o'r eiddo. Bydd defnyddio ffanau i gynyddu symudiad aer hefyd yn helpu.

Diogelu eich hun – gwisgwch fenig addas a golchwch eich dwylo'n rheolaidd, yn enwedig cyn bwyta. Ceisiwch beidio â chreu tasgu a chwistrelliadau – os na ellir osgoi hyn, gwisgwch fasg wyneb.

Golchwch ddillad brwnt ar olchiad poeth.

Safety

Do not use petrol or diesel generators indoors. The fumes from the exhaust are harmful.

If electrical items have been affected, have them tested ('PAT' test) by a competent person before use.

Stress

The impact of flooding on mental health is significant. It is important to talk and engage with people who can help. The Humanitarian Action Centre at the Shire Hall in Monmouth has staff available to help.

Other organisations are also available to provide support such as:

Monmouth Aid (Monmouth Aid | Storm Claudia Flood Relief & Community Support)

The Red Cross (staff available at the Shire Hall)

The Flood Mobile – located in the old Cattle Market car park on Blestium Street.

Monmouth Methodist Church on St James Street which has lots of donated clothes.

Diogelwch

Peidiwch â defnyddio generaduron petrol na disel y tu mewn. Mae'r mygdarth o'r gwacáu yn niweidiol.

Os yw eitemau trydanol wedi'u heffeithio, gwnewch iddynt gael eu profi ('PAT' test) gan berson cymwys cyn eu defnyddio.

Straen

Mae effaith llifogydd ar iechyd meddwl yn sylweddol. Mae'n bwysig siarad ac ymgysylltu â phobl all helpu. Mae Canolfan Gweithredu Dyngarol yn Neuadd y Sir ym Mynwy â staff ar gael i helpu.

Mae sefydliadau eraill hefyd ar gael i roi cymorth megis:

Monmouth Aid (Monmouth Aid | Storm Claudia Flood Relief & Community Support)

Y Groes Goch (staff ar gael yn Neuadd y Sir)

Y Flood Mobile – wedi'i leoli ym maes parcio'r hen Farchnad Wartheg ar Stryd Blestium.

Eglwys Fethodistaidd Mynwy ar Stryd James sydd â llawer o ddrillad wedi'u rhoddi.