

Toilet Tips

Photo: Kerry Trapnell

When you've got to go, go thoughtfully. Increasing cases of gastroenteritis are being reported in high-use areas of Australia. It's often caused by exposure to human waste, and has unpleasant symptoms like diarrhoea and vomiting. Avoid getting or spreading 'gastro' by observing these guidelines.

WHERE THERE IS A TOILET, USE IT

Toilet facilities are located throughout the Cape at roadhouses and townships including at Laura, Coen, Kowanyama, Weipa, Seisia, Bamaga and Portland Roads. They're also in some national park camping areas such as Eliot Falls, Chilli Beach, Hann Crossing and Kalpowar Crossing.

IN AREAS WITHOUT TOILETS, BURY YOUR POO AND PAPER PROPERLY

Choose a spot at least 100 metres away from campsites and watercourses. Dig a hole at least 15 cm (6 inches) deep. Take a hand trowel for this purpose.

Bury all poo and paper, mixing it with soil to help decomposition and to discourage animals from digging it up. If you're just doing a wee, also dispose of your paper responsibly.

USE ONLY PLAIN PAPER

Use plain, unbleached, unperfumed toilet paper and use it sparingly.

BURY RATHER THAN BURN YOUR PAPER

In some areas of Australia it is recommended to burn your toilet paper but this is a wild fire risk in Cape York. Bury your toilet paper instead and make sure it's in a deep enough hole that it won't be dug up by wildlife.

CARRY SANITARY PADS, TAMPONS, NAPPIES AND CONDOMS OUT WITH YOUR RUBBISH

Many Cape York toilets go into septic systems. Nappies, pads, tampons and condoms will damage the system and prevent it working safely.

Use sanitary bins where available, or take these items out in your rubbish for proper disposal.

PUT WET WIPES IN THE RUBBISH

If you use wet wipes to clean your hands afterwards, please don't bury them. They're not biodegradable so put them in your rubbish.

Consider using bottled hand sanitiser instead and put the empty bottles in your rubbish.

KNOW WHERE PORTALOO DUMP POINTS ARE

If you have a portaloos, please only dump waste at RV dump points. There are dump points at Cooktown, Coen and Weipa.