

WARNING!

Swimmer's itch has been reported from people swimming in this water.

To lower your risk of getting swimmer's itch, please follow these steps:

- 1. Avoid swimming on bright mornings with onshore wind.**
- 2. Keep moving while in the water.**
- 3. Avoid swimming for a long time in shallow water.**
- 4. Towel dry as soon as you leave the water.**



Swimmer's Itch is an itchy rash caused by tiny worms (too small to see) that often live in snails, waterfowl and animals, such as beavers. These worms sometimes burrow into the skin of swimmers by mistake.

For more information about swimmer's itch, contact the nearest office of the Government Service Centre at _____