



SWIMMERS ITCH

HOW TO STAY SAFE

What is swimmers itch?

Swimmer's itch is caused by flatworm larvae that can unintentionally latch onto human skin when looking for a waterfowl host and cause irritation and itchiness. They like warm water at around 72°F. When your skin dries, the larvae will burrow into the skin and eventually die, but this typically results in some uncomfortable itchiness.

WAYS TO TREAT

Don't scratch! – Use an antihistamine lotion – Don't panic, swimmers itch is rarely serious and will pass in a couple days

HOW TO HELP

- Don't feed the ducks. This will attract larvae to the beaches
- Avoid swimming in shallow weedy areas. This is where they like to be.
- Towel dry immediately after leaving the water – don't air dry
- Take a shower after swimming



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Check out www.gleawi.org to learn more!