ATTENTION SWIMMERS!
“Swimmers Itch”

Q. What is it?
A. A condition caused by a naturally occurring small larva as it moves from snail host to duck host.

Q. How do I get it?
A. As you get out of the water, you may have some of the larvae in the water droplets on your body. As you dry off naturally, the larvae attempt to borough into you, instead of just drying up.

Q. Where can I get it?
A. Shoreline areas with large weed beds house the snail hosts of these small larvae, making them ideal places to find the larvae. Strong prevailing winds can accumulate these larvae at the down wind end of the lake.

Q. When can I get it?
A. Late June and early July are typically when the conditions are right for the larvae to find their new hosts. This generally happens when lake temperatures reach mid to high 70’s.

Q. How do I avoid it?
A. Drying off or rinsing in the shower immediately after getting out of the water is the best way to avoid the ‘itch’. Avoid swimming in areas with large weed beds. There are some products on the market that are combined sun screen and swimmer itch guard.

Q. What should I do if I get it?
A. Treat the itchy area with Calamine lotion or antihistamine to help soothe the itching. The itching is a normal response to the invader and scratching should be minimized as it could lead to secondary infection. It should not last more than a couple days.

Source: Geneva Lake Environmental Agency