



DON'T LET THE ITCH CRASH YOUR SPLASH!

Learn how to protect your skin while enjoying
lakes and ponds.

WHAT IS SWIMMER'S ITCH?

Swimmer's itch (cercarial dermatitis) is an itchy skin rash caused by tiny parasites found in some lakes and ponds. The parasites normally infect birds and mammals, not people. They cannot survive in humans and swimmer's itch is not contagious.

HOW DOES IT HAPPEN?

Swimmer's itch can happen when:

- Tiny parasites in the water come into contact with your skin.
- You spend time swimming or wading in shallow, weedy areas.
- Water birds and freshwater snails are present, allowing the parasite's life cycle to continue.



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PREVENTION

Everyone:

- ✓ Dry off with a towel immediately after leaving the water.
- ✓ Shower after swimming.
- ✓ Avoid swimming in areas where swimmer's itch has been reported.
- ✓ Avoid shallow, marshy, or weedy areas when possible.
- ✓ Do not feed ducks, geese, or other water birds near swimming areas.

WATCH FOR

- Itching, tingling, or burning skin
- Small red bumps
- Small blisters
- Symptoms that begin within minutes to a few days after swimming

**SEE A HEALTHCARE PROVIDER IF
YOUR RASH BECOMES SEVERE,
SHOWS SIGNS OF INFECTION, OR
DOES NOT IMPROVE.**



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