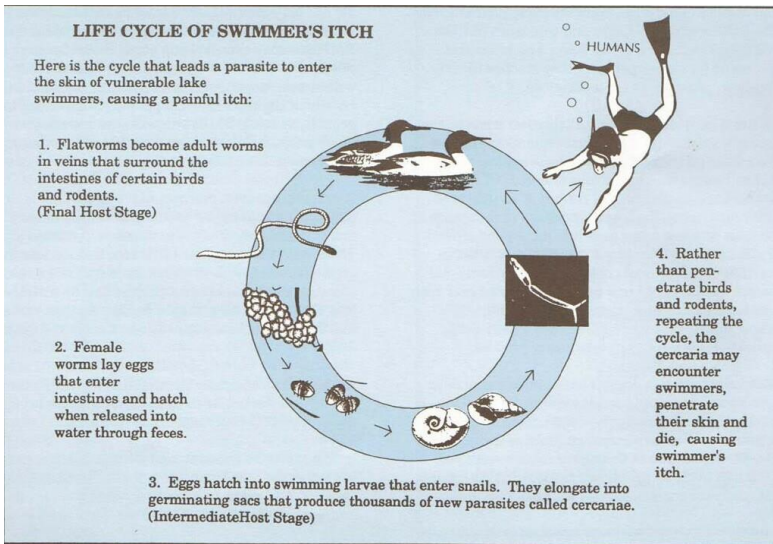


SWIMMERS ITCH (SI) – Cercarial Dermatitis

How Do I Get It?



What Does It Look Like?



How Can I Avoid It? SI is an allergic skin reaction to the parasites shown in the life cycle diagram and pictures. About 1/3 of the population is susceptible. If you're a cottage owner, don't feed waterfowl. Avoid swimming when the wind is blowing towards the shore, in the near-shore shallow areas, and in the morning. Some folks claim sunscreens protect you. "Swimmers Itch Guard" claims to be an effective repellent, and is available at several local pharmacies or online. A note of caution on "Swimmers Itch Guard"; it contains 20% eucalyptus oil and smells similar to "Vicks VapoRub". LLLA communicates this information as a courtesy. LLLA has found no scientific studies that conclusively show any product as an effective repellent of SI. One of our members continues to work to develop an aesthetically acceptable and effective product.

What Can I Do If I Get SI? Itching may start from the time you are in the water up to a day later, and will last for about a week, accompanied by a rash. If itching and rash are severe contact a doctor for treatment. Temporary relief may be achieved through taking over-the-counter antihistamines, using anti-itch creams/lotions, or soaking in oatmeal or Epsom salts baths.

What Can I Do to Help LLLA Efforts to Reduce SI?

- Go to our website: <http://lakeleelanau.org/swimmers-itch/>. Here you can do any of the following:
- Report SI Cases
- Fund SI Control Efforts
- Watch Lake Leelanau Lake Association's website
- Attend LLLA's Annual Meeting to hear the most recent swimmer's itch information – July 26, 2017 at 6PM, in the Leland Lodge