2013 Directions for Use
Before entering the water, apply to all uncovered skin and all skin under loose fitting bottoms and tops that will be under water continuously for 5 minutes or longer. Apply liberally and evenly. Reapply after 90 minutes of water activity or taking a shower or hot-tub.

Additional Tips
To be safe, always apply before entering the water. Our experience is that it takes about 5 minutes (sometimes less, sometimes more) for the parasite to penetrate the skin. Once it penetrates, there is no amount of toweling off or showering or anything that you can do to prevent getting those itchy red bumps. Swimmer’s Itch Guard prevents the parasite from penetrating so always apply before entering the water.

Loose fitting bottoms and tops allow water and the parasite to flow to untreated skin. If the suit or shirt is loose fitting, apply to all skin underneath the suit or shirt. If the suit or shirt is snug fitting at the openings, apply to 2 inches of skin underneath the suit or shirt at the openings. The reason for 2 inches of skin is that the suit or shirt will move and leave untreated skin exposed.

Be sure to apply to the necks of children since they are up to their necks often!

Application to the face is not necessary unless snorkeling or swimming with face in and out of the water (crawl) for more than 5 minutes. Long distance swimmers should also apply to neck, all skin underneath suit, whether snug fitting or not, and wear a swimming cap.

Applying liberally and evenly will produce a “pinkish” look that fades within 15 to 20 minutes unless unevenly applied. Unevenly applied wastes product and rubs off onto other things. Swimmer’s Itch Guard spreads easily so by applying liberally and evenly, you assure complete coverage. A lightly covered or missed spot might become an itchy spot! Don’t forget to apply to feet and between toes.

Remember to reapply after 90 minutes of water activity or taking a shower or hot tub if planning to go back in the water. A safe rule with water loving kids and grandkids is “Apply in the Morning and Reapply in the Afternoon!”

Now enjoy the water again!
Swimmer’s Itch Guard