

MEDIA/PUBLIC HEALTH ADVISORY

FOR IMMEDIATE RELEASE
July 9, 2015

Island Lake County Park Swimming Beach Closed - Again *Second Closure This Month for High Bacteria Levels*

KITSAP COUNTY, WA— The Kitsap Public Health District has again temporarily closed the swimming beach at Island Lake County Park in Central Kitsap until further notice, due to high levels of E.coli bacteria in the water.

The Island Lake swimming beach had been [temporarily closed](#) by the Kitsap Public Health District on July 2 due to high levels of E.coli bacteria. The beach was re-opened earlier this week after tests showed the bacteria had returned to safe levels over the weekend. However, the bacteria levels have rapidly risen above the safe standards again, prompting a second closure.

The Health District has re-posted warning signs at the swimming area. Since there is an increased risk of getting sick, the public is advised to avoid all contact with the water in the swimming area until further notice. This means no swimming, wading, or types of water play where water could be swallowed or get in the mouth, nose or eyes. The risk of illness is greatest for young children, the elderly, or anyone with a compromised immune system.

The swimming beach is the only affected area at Island Lake County Park this time. Kitsap Public Health has not received any reports of illness due to exposure to the lake. The beach will be reopened when samples show the concentration of bacteria has dropped to safe levels.

High levels of E.coli bacteria can be caused by wildlife and pets in the water, people swimming when they are sick, a large number of swimmers, infants swimming without swim diapers, and/or and people entering the water without showering.

Washington State Department of Health closure level: 126 CFU average/ 100 mL
Test results from 7/8/15: 738.42 CFU average / 100 mL
CFU: CFUs are a unit of measure and stand for Colony Forming Units which represents the number of colonies of bacteria that grow in a sample.

Kitsap Public Health monitors 26 lake swimming areas and 15 salt water swimming beaches for algae and bacteria levels to help keep Kitsap swimmers safe. Information on swimming beach

Island Lake swimming beach closed continued

closure is available online at www.kitsappublichealth.org/beaches and via phone by calling 1-800-2BE-WELL (1-800-223-9355).

The Centers for Disease Control & Prevention (CDC) promotes these easy and effective steps all of us can take each time we swim:

- Keep the pee, poop, sweat, and dirt out of the water!
- Don't swim if you have diarrhea.
- Shower before you get in the water.
- Don't pee or poop in the water.
- Don't swallow the water.
- Every hour—everyone out!
- Take kids on bathroom breaks
- Check diapers, and change them in a bathroom or diaper-changing area to keep germs away from the water.

Water-borne illnesses aren't just an issue in lakes and beaches. Contrary to popular belief, chlorine does not kill all germs instantly. There are germs today that are very tolerant to chlorine and were not known to cause human disease until recently. Once these germs get in the pool, it can take anywhere from minutes to days for chlorine to kill them. Swallowing just a little water that contains these germs can make you sick. Public pools and spas are tested by Kitsap Public Health year-round.

To report a waterborne illness other than swimmer's itch, the public is asked to call Kitsap Public Health (360) 337-5235 or submit information [on-line](http://www.kitsappublichealth.org) at www.kitsappublichealth.org. Healthcare providers seeing patients this summer with flu-like symptoms should inquire about recent contact with water bodies and report suspected cases of water-borne illness to Kitsap Public Health which helps identify potentially contaminated sites as early as possible.

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