KITSAP PUBLIC
HEALTH DISTRICT

345 6th Street, Suite 300
Bremerton, WA 98337
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MEDIA/PUBLIC HEALTH ADVISORY

FOR IMMEDIATE RELEASE
July 14, 2015

Island Lake County Park Swimming Beach is Open

KITSAP COUNTY, WA— The swimming beach at Island Lake County Park is now open. Samples of the water taken July 13 show the concentration of E.coli bacteria has returned to safe levels and is below the Washington State Department of Health swimming beach closure level for E.coli.

The beach was temporarily closed by the Kitsap Public Health District on July 9 due to high levels of E.coli bacteria.

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 closures 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.

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For more information or to get **FREE** copies of the CDC Healthy Swimming brochure visit: www.cdc.gov/healthyswimming.

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 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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