



CAUTION

August 12, 2019– Monument Beach

Based on reports of suspected Swimmer's Itch, the Bourne Board of Health is monitoring the condition of this beach. Please use at own risk.

- Towel dry or shower immediately after leaving the water.
- Do not attract birds (e.g., by feeding them) to areas where people are swimming.
- Do not swim near or wade in marshy areas where snails are commonly found.
- Immediately contact your health care provider if you experience any of these symptoms following exposure:
 - tingling, burning, or itching of the skin -- small blisters
 - small reddish pimples

Within minutes to days after swimming in contaminated water, you may experience tingling, burning, or itching of the skin. Small reddish pimples appear within twelve hours. Pimples may develop into small blisters. Scratching the areas may result in secondary bacterial infections. Itching may last up to a week or more, but will gradually go away.

Because swimmer's itch is caused by an allergic reaction to infection, the more often you swim or wade in contaminated water, the more likely you are to develop more serious symptoms. The greater the number of exposures to contaminated water, the more intense and immediate symptoms of swimmer's itch will be. Be aware that swimmer's itch is not the only rash that may occur after swimming.

For further information call Bourne BOH at 508-759-0600 or visit www.townofbourne.com/health