

BayLaker

Swimmer's Itch Info

Cause: A parasite related to waterfowl and snails that can spread throughout the lake. Stirring up the lake bottom may cause additional parasite activity.

Prevention: Lotions that provide a protective coating MAY help. A cream called Swimmer's Itch Guard is available at the Crosby Pharmacy. Or try water repellant sun lotion or petroleum jelly.

Dry off completely and immediately after getting out of the lake. The organism borrows into your skin as the water evaporates.

Then hit the shower. Lather up all exposed areas. Vigorously dry off with a towel. Wash your suit.

The parasites appear to be more common in shallow water and when the lake is calm.

Discourage waterfowl from frequenting your shore or dock. Do not feed them. If you have a substantial snail population read the DNR link at the bottom.

Treatment Suggestions: Epsom Salts, Anti Itch Sticks, Benedryl Cream and Dermatox & Calamine lotions. Don't scratch.

Duration: 1-3 days of itching. Welts remain longer.

The (Somewhat) Good News: The parasite can't live in humans. The welts are a temporary allergic reaction. Like other allergies, not everyone is sensitive. It comes and it goes. Follow these hints and keep enjoying the lake.

[Click here for comprehensive DNR information.](#)

