PREVENT
Uncomfortable
Swimmer's Itch

Cover your skin with full body swimwear
(SI rarely affects hands, feet, and face)

Towel off very well immediately after swimming

Swim in afternoon or early evening vs. morning
(SI risk is greatest before noon)

Avoid swimming during an onshore wind

Swim in deeper water or

Use a parasite skimmer net to remove itch from surface water

Use a "kiddy pool" filled with well water for small children vs. shoreline lake swimming

Always use SI prevention, especially in shallow waters

Brought to You by Glen Lake Association