

# Follow the "7 Please's" to keep you and our beaches safe!



Giardia

**Protect Your Family:**  
**Learn About Health Risks from Lakes**

Be aware that harmful bacteria can contaminate lake water. Learn about illnesses spread by swimming in contaminated lakes to protect you and your family from getting sick.

Know that recreational water illnesses are caused by germs like:

- ✓ "crypto" (KRIP-toe), short for *Cryptosporidium*
- ✓ *Giardia* (gee-ARE-dee-uh)
- ✓ *E. Coli* 0157: H7
- ✓ *Salmonella*
- ✓ *Cyanobacteria* (blue-green algae)



E. coli

**Simple Steps to Protect our Lakes and the Environment**

- ✓ **Conserve Water:** Excessive water use stresses sewage treatment plants, particularly during heavy rains, which may lead to sewer overflows.
- ✓ **Make sure that all domestic wastewater goes to a sanitary sewer.**
- ✓ **Limit your use of pesticides, herbicides, and fertilizers on lawns and gardens and follow label directions.**
- ✓ **Keep pet waste, debris, and trash (including leaves and grass clippings) out of gutters, sidewalks, streets, storm sewers, and lakes.**
- ✓ **Wash your car where wastewater will soak into the ground and not run off into the gutter and storm sewer.**
- ✓ **Divert your roof drains to a grass or gravel area that will collect the sediment. Do not direct the downspouts directly to the street, driveway, or paved area that drain to the storm sewer.**
- ✓ **Repair vehicles where leaks and spills cannot flow to a storm drain.**
- ✓ **Take your household chemicals and other household hazardous waste to **Clean Sweep** and Product Exchange.**
- ✓ **Take used automobile oil to the Dane County Public Works drop-off site for recycling. **Never drain oil or automobile fluids onto the streets to the ground surface.****

PLEASE #5  
 Change diapers in a bathroom. Germs can spread to surface and objects in and around the environment and spread illnesses.



PLEASE #4  
 Don't swim when you have diarrhea. This is especially important for kids in diapers. This can spread harmful germs into the water and make other people sick.

**Taking Care of our Beaches:**  
**A Job for All of Us**

Rain washes everything on the streets into the lakes. Pay attention to what you put on the streets or the ground.

One way we can all help maintain the health of our lakes: If you notice anything unusual on the ground or running into a lake (unusual colors, odors, floating objects, for instance), **REPORT THIS TO PUBLIC HEALTH MADISON & DANE COUNTY ENVIRONMENTAL PROTECTION UNIT** at (608) 266-4821

**REMEMBER:** Items like leaves, lawn clippings, and trash on the ground, sidewalk, or street **WILL** wind up in a lake, stream, or river!

PLEASE #6  
 Wash yourself and your children thoroughly (especially the rear end) with soap and water before swimming. We all have invisible amounts of fecal matter on our bottoms that end up in the water.

**Why We Close Beaches**

When our testing reveals unsafe, high bacteria counts, we close the beach. We will reopen it when testing shows the conditions to be safe again.

When blue-green algae density is high, we may close the beach.

Beach closings have become part of the summer routine. The good news is that water conditions are always changing and most of these closings are temporary.

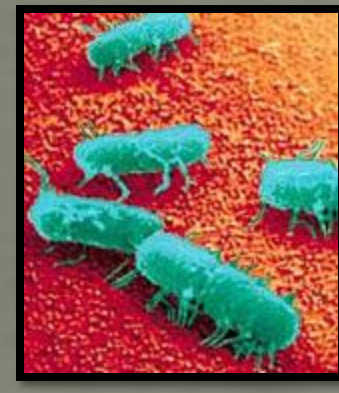
*The inconvenience is a small price to pay for avoiding health risks!*



PLEASE #7  
 Do not feed the water fowl (ducks and geese). They create unsanitary conditions on the beach.

For more information on beach locations or conditions, check out our website:  
[www.publichealthmdc.com/beaches](http://www.publichealthmdc.com/beaches)  
 Or call us at (608) 243-0356

PLEASE #1  
 Don't swallow lake or pool water. Avoid even having water get into your mouth



Salmonella



**Blue-Green Algae Blooms (cyanobacteria)**

Occurs in conditions of:

- ✓ No wind
- ✓ Hot temperatures
- ✓ High levels of nutrients in lakes

**Toxins released by blue-green algae can cause significant health risks.**

**Monitoring the Health of our Beaches**  
 Public Health-Madison & Dane County tests Madison and other area beaches from May through September.

We test for bacteria that could indicate health risks, such as *E. coli* and fecal coliform.

We do monthly chemical tests of five lakes.



PLEASE #3  
 Take your kids on bathroom breaks often. Waiting to hear, "I have to go," may mean that it's too late.

**Safety tips when you see a blue-green algae bloom:**

- ✓ Avoid swallowing lake water
- ✓ Avoid swimming, boating, and fishing in affected areas
- ✓ Wash skin that may have been exposed
- ✓ Thoroughly wash hands before eating
- ✓ Keep small children and dogs out of the water during blooms



Cryptosporidium

PLEASE #2  
 Since germs on your body end up in the water when you swim, make sure you Wash your hands with soap and water after using the bathroom or after changing diapers.