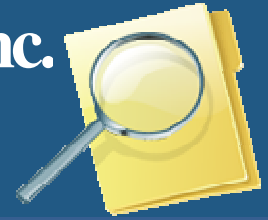


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*“A perfect summer day is when
the sun is shining,
the breeze is blowing,
the birds are singing,
and the lawn mower is broken.”
~James Dent*

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WHAT IS SWIMMER'S ITCH?

SWIMMER'S ITCH - Formally known as *CERCARIAL DERMATITIS*, is caused by the free-swimming larvae of bird parasites that have accidentally penetrated human skin rather than that of their intended avian hosts.

What is it? A patchy red pinpoint skin rash associated with itching on the parts of the body that have been in the water. Usually not severe but can be, if you are exposed more than once.

Occurs Where? In both freshwater and in the marine coastal environments. In almost every country in the world, with first reported case 70 years ago from Douglas Lake, Michigan, USA. Marine swimmers' itch can be from a jelly fish. Other unusual causes are chemical pollutants and sewage in water.

Occurs When? KEY FACTORS: When several factors converge at the optimal time: a) In summer when water temperature reaches the appropriate level for snails to reproduce and grow rapidly; b) migrating aquatic birds infected with the parasite return from winter habitats or domesticated aquatic birds return to full activity and the frequency of swimmers and bathers reaches its peak during this period.

helpful. There is no widely available blood test. Best confirmation of the cause is based on knowing from other people that swimmer's itch occurs in the place where one swam or entered the water. Other diseases confused with swimmer's itch are: Impetigo, chickenpox, poison ivy, herpes, or rare skin diseases. So --history and activity are important to delineating this diagnosis. **REMEMBER: KEY FACTORS & KNOWN HISTORY.**

Treatment? May not be necessary if only a few itching spots. OTC antihistamine or cortisone creams might help. If symptoms persist for longer than 3 days a dermatologist should be seen because prescription medications may be required. The more times exposed, the more severe the immune system response can become.

Prevention? It is important that the vegetation in water be kept to a minimum so that the snails do not have the ideal environment to grow. And, understand that when several **KEY FACTORS** occur you might be at risk.

****American Osteopathic College of Dermatology-2008 & Stanford University-2008****

My Sister contracted this condition from swimming in Flathead Lake...Montana.

KIDSHEALTH.ORG: **BROKEN BONES. How Do I Know if It's Broken?**

Some telltale signs are:

- You or your child heard a snap or a grinding noise during the injury.
- There's swelling, bruising, or tenderness around the injured part.
- It's painful for your child to bear weight on the injury, touch it, press on it, or move it.
- The injured part looks deformed. In severe breaks, the broken bone may be poking through the skin.
- If you suspect that your child has a fracture, you should seek medical care immediately.

Do not move the child – and definitely call for emergency care -- IF:

- The child may have seriously injured the head, neck, or back.
- The broken bone comes through the skin. Apply constant pressure with a clean gauze pad or thick cloth, and keep the child lying down until help arrives. *Don't wash the wound or push in any part of the bone that's sticking out.*