

2026 EDITION



COMBATING SWIMMER'S

itch

ON CRYSTAL LAKE

What you can do to help:

- Report swimmer's itch cases to the CLWA website www.CrystalLakeWatershed.org.
- Report merganser broods (chicks) to the CLWA website.
- Do not feed any waterfowl.
- Watch for merganser nesting behavior and report it to CLWA.
- Allow access to your lake front property for use in merganser research programs.



Crystal Lake
Watershed Association

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Preventing and Treating Swimmer's Itch

- Avoid swimming when there is, or recently has been, an onshore wind.
- Risk of acquiring swimmer's itch is greatest in the morning.
- Swim in deeper water when possible, as wind and waves may concentrate the *cercaria* in the shallows or close to the shore.
- Apply waterproof sunscreen that may provide a barrier to the *cercaria* or use a product that includes an insect repellent.
- If you contract a severe case of swimmer's itch, ask a pharmacist about anti-itch creams or antihistamines.

*At this time, there is no FDA approved product to prevent swimmer's itch. No products are endorsed by the CLWA.

The CLWA and its partners continue to provide the most current information to the public on ways to avoid the effects of swimmer's itch.

YOUR HELP IS NEEDED

To support research and control of swimmer's itch, please donate at CrystalLakeWatershed.org, by check, or scan the code.



The CLWA is a 501(c)3 organization.



Crystal Lake
Watershed Association

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Please visit our website:

CrystalLakeWatershed.org which provides a wealth of information about the area.