

SWIMMING ADVISORY

Naegleria fowleri is an amoeba commonly found in warm freshwater. It enters the body through the nose and causes a rare but fatal brain infection.

There is a low level of *Naegleria fowleri* risk when entering any warm freshwater.

Infections are more likely to occur when water temperatures are high and water levels are low.



Reduce the risk of *Naegleria fowleri* infection while swimming, limit the chance of contaminated water going up the nose:

- **Avoid water-related activities when temperatures are high and water levels are low**
- **Hold your nose shut, use nose clips, or keep your head above water**
- **Avoid digging in, or stirring up, the sediment**



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