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News Release

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Health Advisories Issued for Area Lakes and Swimming Beaches

BREMERTON — The Kitsap County Health District has expanded a general health advisory for area lakes and swimming beaches due to recent reports of illnesses after swimming at three local lakes. The Health District has received about a dozen reports of stomach-related illnesses, including nausea, vomiting, and diarrhea or abdominal pain from people who have swam at Kitsap Lake in Bremerton, Wildcat Lake in Central Kitsap, and Horseshoe Lake in South Kitsap over the past several days. Kitsap Lake has been under a health advisory due to toxic blue-green algae bloom since July 17.

Although recent water quality samples have been within acceptable levels, and there has been no laboratory confirmation linking the lakes with the illnesses, the multiple reports of illnesses over a relatively short period of time warrant a health advisory and reminder to the public.

The Health District reminds swimmers and lake users to adhere to the following precautions:

- Avoid ingesting water from lakes, creeks, and salt water.
- Do not go swimming if you are ill or have diarrhea.
- Individuals in diapers should not enter the water.
- Do not urinate or defecate in the water.
- If ill, see a health care provider to be checked out as soon as possible.

If you become ill with nausea, vomiting, and diarrhea or abdominal pain after swimming at a local beach, the Health District would like you to report the illness by leaving a message at 360-337-5623. Please leave your name, phone number, date of the call, and the Health District will return your call within 48 hours to gather additional information.

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The Health District will continue to track and investigate illness reports and will update or upgrade the Health advisory as more information becomes available.

For more public health information, visit the Health District's website at www.kitsapcountyhealth.com, or call the office at 360-337-5285 Monday through Friday, 8 a.m. to 4:30 p.m.

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