

Safe Freshwater Swimming Practices

Primary Amebic Meningoencephalitis is a rare infection caused when water containing *Naegleria fowleri*, a brain-eating amoeba, goes up the nose and to the brain.



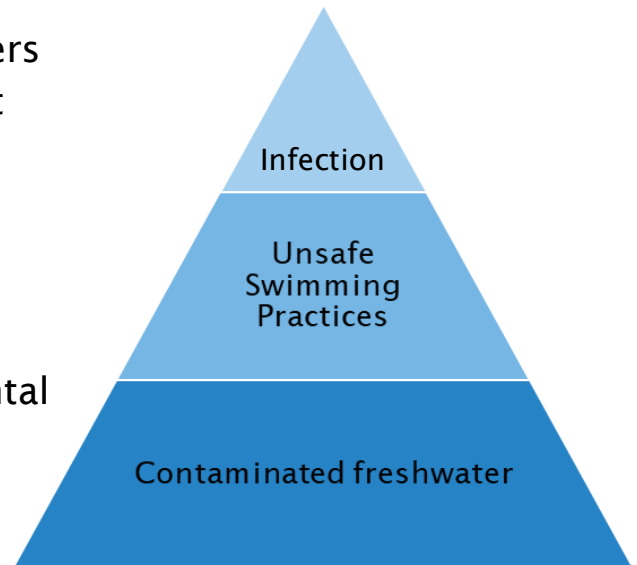
Where is it located?

- Lakes
- Rivers
- Hot springs
- Poorly treated swimming pools
- Well water
- Water heaters
- Power plant discharge
- Soil



Signs & Symptoms

- Headache
- Fever
- Nausea
- Vomiting
- Stiff neck
- Seizures
- Altered mental status
- Coma



You **CANNOT** get sick from **drinking** water contaminated with *Naegleria fowleri*. However, you can get sick when this water goes up into your nose.

DO

- ✓ Hold your nose shut or use nose clips
- ✓ Keep your head above water



DON'T

- ✗ Jump or dive in warm fresh water
- ✗ Put your head under water
- ✗ Stir up bottom sediment in warm fresh water



Reference:

Centers for Disease Control and Prevention. (3 May 2023). *Naegleria fowleri*. Centers for Disease Control and Prevention. <https://www.cdc.gov/parasites/naegleria/index.html>