



Eastern Highlands Health District

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# PUBLIC HEALTH ADVISORY NOTICE

DATE: August 23, 2012

TO: Bolton Lake Residents and Visitors

FROM: Robert L. Miller, MPH, R.S., Director of Health

RE: Toxic blue-green algae bloom at Bolton Lake

Please be advised that there has been confirmation of a toxic blue-green algae bloom at Bolton Lake that can present health problems for residents ranging from

- Irritations of the skin, eyes or ears;
- GI problems like vomiting and diarrhea;
- Muscle cramps; and
- In extreme cases nerve or liver problems

The species that have been identified in significant numbers at the lake are *Anabaena* and *Microcystis*. Health effects can result through skin contact with the water (wading, swimming, or showering), swallowing the water (through water play or swimming), and when airborne droplets are inhaled. Pets are especially prone to the health effects not only through skin contact, but also by ingesting significant amounts of the toxin by licking their wet fur after leaving the water. For this reason, pets that accidentally enter the water should be rinsed thoroughly.

**To protect yourself and your family from any toxic effects of this blue-green algae bloom, residents and visitors are advised to avoid until further notice:**

- **Any contact with the water including swimming, diving, playing, or wading**
- **Drinking, or allowing animals to drink the water**
- **Using the lake water to fill a pool or for outdoor showers**
- **Boating through areas of visible surface scum**

Further, you should:

- Rinse off yourself or your pets if they come in contact with the water
- Obey all posted signs for beach closings

If you experience any of the symptoms of blue-green algae exposure (listed above) contact your health care provider or call Poison Control at 1-800-222-1222. If your pet experiences symptoms, contact your veterinarian immediately.

Check the Health District website for additional information and updates ([www.EHHD.org](http://www.EHHD.org)). Additional questions can be directed to the Eastern Highlands Health District main office at 860-429-3325.

*Information for this advisory was taken from: the Connecticut Department of Public Health Recreation Program, the Wisconsin Division of Public Health, and the Commonwealth of Massachusetts' Guidelines for cyanobacteria in freshwater recreational water bodies in MA.*

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