

## PUBLIC HEALTH ADVISORY

### TO WATERSIDE RESIDENTS AND USERS OF SAINT-ARMAND (PHILIPSBURG) SECTOR OF MISSISQUOI BAY (Municipality of St-Armand)

**Longueuil, August 4th, 2011** – Large algal blooms were observed in the Saint-Armand (Philipsburg) sector of Missisquoi Bay and show high blue-green algae toxin levels. The use of this water could harm your health.

The *Direction de santé publique de la Montérégie* recommends to all waterside residents and users of Missisquoi Bay to follow these precautions :

- **Don't drink or use lake water** to prepare or cook your meals.

Boiling water **does not eliminate** blue-green  
algae toxins

- **Avoid prolonged contact with water from the lake such as :**
  - Swimming or other water activities involving direct or prolonged contact (ex. seadoo, waterski, windsurf, kayak), showering and bathing.
  - Children are more at risk and should be monitored closely.
- **Water activities less likely to involve direct and prolonged contact** (ex : pedalo, canoe or rowboat) must be practiced carefully away from visible scums.
- **Fish from contaminated water** can be consumed in moderation. However, you should avoid consuming their entrails.
- **Don't let pets play in or drink** the water.

All these recommendations should be maintained until the *Direction de santé publique* director advises differently.

#### Health effects

The *Direction de santé publique* reminds you that blue-green algae toxins can have effects on your health such as :

- Abdominal pain, diarrhoea, vomiting or nausea from swallowing contaminated water.
- Skin, nose and eye irritations as well as sore throat can appear after direct or prolonged exposure to **abnormally coloured water**.

If you think you are having health problems related to blue-green algae, consult your doctor or communicate with Info-Santé services by dialing 811.

For more informations concerning blue-green algae, please consult the following Internet site: <http://www.msss.gouv.qc.ca/alguesbleuvert> or contact Services Québec at 1-877-644-4545.