

## What is the District Doing?

The Park District increased cyanobacteria monitoring in 2014 when the first known toxic bloom occurred at Lake Temescal. Since then, the District has taken the following steps to reduce the severity of blooms throughout its lakes.

### Monitoring

The Park District's Water Management Unit, in coordination with local, state, and federal agencies, has created a District-wide sampling program. Monitoring, toxin testing, and species identification helps inform how we post signs at specific lakes. The Park District also posts notifications about blooms through online updates, press releases, and interpretive panels. The District tests fish for Microcystin cyanotoxins annually and has not detected any Microcystins in fish fillets.

## CAUTION

### Harmful algae may be present in this water.

-  **STAY AWAY** from algae and scum while swimming.
-  **DO NOT** let pets go into or drink the water.
-  **DO NOT** drink this water or use it for cooking.
-  For fish caught here, **throw away guts and clean fillets** with tap water or bottled water before cooking.

Call your doctor or veterinarian if you or your pet get sick after going in the water.

For more information, contact East Bay Regional Park District at (510) 544-2228 or visit the California Department of Public Health online: [www.cdph.ca.gov/HealthDetails/Pages/InfectiousDiseases/Pages/Cyanobacteria.aspx](http://www.cdph.ca.gov/HealthDetails/Pages/InfectiousDiseases/Pages/Cyanobacteria.aspx)






For more information on harmful algae, go to: [www.waterquality.ca.gov/monitoring\\_cyanobacteria\\_network](http://www.waterquality.ca.gov/monitoring_cyanobacteria_network)

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▲ **Caution sign to look out for.**

## DANGER

### Toxins from algae in this water can harm people and animals.

-  **STAY OUT OF THE WATER UNTIL FURTHER NOTICE**
-  **DO NOT** touch scum in the water or on shore.
-  **DO NOT** let pets go into or drink the water or go near the scum.
-  **DO NOT** drink this water or use it for cooking. Boiling or filtering will not make the water safe.
-  For fish caught here, **throw away guts and clean fillets** with tap water or bottled water before cooking.

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▲ **Danger sign to look out for.**

### Treatment

The Park District has used these treatment techniques to reduce cyanobacteria blooms:

- Application of coagulants to reduce available nutrients.
- Using hydrogen peroxide based algaecides to kill cyanobacteria.
- Physically removing filamentous algae to increase the effectiveness of other treatments.
- Implementing long term solutions such as dredging and adding oxygen to enhance water quality.

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Healthy Parks Healthy People

East Bay Regional Park District

2950 Peralta Oaks Court

Oakland, CA 94605

[ebparks.org](http://ebparks.org)

Tel: 1-888-EBPARKS or 1-888-327-2757

Callers with hearing or speech needs, call 711 for Telecommunications Relay Service.

## More Cyanobacteria/ Blue-Green Algae Resources

- **Cyanobacteria updates within East Bay Regional Parks:** [ebparks.org/ToxicAlgaeUpdate](http://ebparks.org/ToxicAlgaeUpdate)
- **California Department of Public Health:** [cdph.ca.gov/Programs/CCDPHP/DEODC/EHIB/EAS/Pages/HABs.aspx](http://cdph.ca.gov/Programs/CCDPHP/DEODC/EHIB/EAS/Pages/HABs.aspx)
- **CyanoHab Network:** [mywaterquality.ca.gov/habs/index.html](http://mywaterquality.ca.gov/habs/index.html)
- **Centers for Disease Control and Prevention:** [cdc.gov/habs/pdf/cyanobacteria\\_faq.pdf](http://cdc.gov/habs/pdf/cyanobacteria_faq.pdf)
- **World Health Organization:** [who.int/water\\_sanitation\\_health/resourcesquality/toxcyanbegin.pdf](http://who.int/water_sanitation_health/resourcesquality/toxcyanbegin.pdf)

## Cyanobacteria Blue-Green Algae

### IN THE EAST BAY REGIONAL PARK DISTRICT



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## What is Cyanobacteria?

Cyanobacteria, also known as blue-green algae, are bacteria naturally found in most water bodies. Low water levels, limited water circulation, warmer temperatures, and excess nutrients can cause the cyanobacteria to bloom, and in some cases, release toxins.



## How Do I Know if a Bloom is Toxic?

Many types of cyanobacteria are capable of producing toxins. When and why they begin to make toxins however, is still unknown. The presence of cyanobacteria does not always mean toxins are present. Detection of toxins involves testing water samples in the lab. Blooms may begin to produce toxins at any time, so it is important to pay attention to signs posted in the parks.

## What are the Symptoms of Exposure to Cyanobacteria Toxins?

Exposure to toxins through skin contact, inhalation, or ingestion can cause:

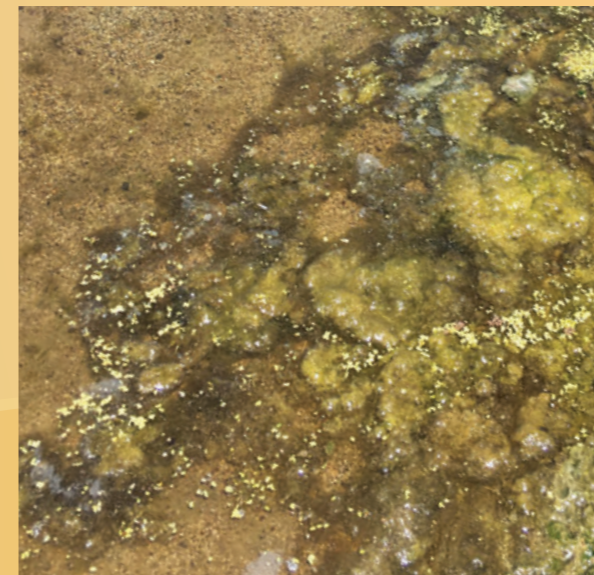
- Rash or allergic reaction
- Eye, nose, mouth, or throat irritation
- Stomach cramps
- Headache
- Vomiting
- Diarrhea
- Fever

The long-term effects of exposure to toxins are not well known, but children and pets are at greatest risk. **Seek medical attention immediately** if you think you or your pet has been exposed to cyanobacteria toxins.

## What Should I Do if I See a Bloom?

- Stay out of areas where the water has scum, or mats of cyanobacteria.
- Keep pets away from the water. Dogs should not drink from waters with cyanobacteria.
- If you or your pet swim or waded in water with cyanobacteria, rinse off with fresh water as soon as possible.
- Do not drink or cook with water containing cyanobacteria. Even if you boil or filter it, the toxins can persist.
- When fishing, always remove the guts and liver, and rinse fillets in tap water before cooking.
- Other activities near the water such as camping, picnicking, biking, and hiking are safe.
- When in doubt, keep out!

Always check information panels at park entrances and look for signs of an algae bloom **BEFORE** you, your children, or pets enter the water.



▲ Filamentous algae is a cyanobacteria look-alike.



▲ Here are two examples of the many variations of cyanobacteria.

