



The Issue

Stanislaus County Regional Park Reservoirs (Modesto and Woodward) are drinking water suppliers for our community. The water is pumped out of the reservoirs, treated in advanced treatment facilities, and delivered to customers. The water in our reservoirs is of excellent quality, and treatment plants are designed to remove or inactivate microorganisms. However, some microorganisms such as viruses and protozoa, even in small concentrations, can cause waterborne illness.

Bad Bugs

Bacteria, viruses, and protozoa – especially *Giardia* and *Cryptosporidium* – can be transmitted through water and survive in the environment for long periods in cool temperatures. Both people and animals can be carriers of the parasites even if they do not have any symptoms. Symptoms of infection include diarrhea, nausea, vomiting, abdominal cramps, fatigue, and fever. The most serious infections normally occur in children and can be fatal for immunosuppressed people.

How do people become infected?

Individuals can become infected with *Giardia*, *Cryptosporidium*, other bacteria and viruses, by coming in contact with the stool of an infected person or animal, or by ingesting contaminated recreational water. Infection can also occur by eating contaminated raw or undercooked food. Mountain streams and lakes are conducive to the cysts' survival and transmission to community water systems. Even the cleanest appearing water might contain *Giardia* and *Cryptosporidium*.



Swimmer Alert!

Stanislaus County Regional Park Reservoirs (Modesto and Woodward) are popular destinations for recreation including water sports, such as swimming, water skiing, boating, and wading. Unsanitary swimming and boating habits have been responsible for disease outbreaks in swimmers, waders, and boaters in lakes and reservoirs. Human waste spreads in the water, carrying infectious agents from swimmer to swimmer. It is a recurring problem at freshwater swim beaches with big crowds. People get sick by swallowing contaminated water.

The Solution

Water treatment facilities associated with the Stanislaus County Regional Park Reservoirs are doing their part to protect the drinking water drawn

from Modesto and Woodward Reservoirs. You can do your part by...

Things You Can Do:

- Always use the restroom facilities, not the lake.
- Locate restroom facilities before leaving the shore to swim or boat.
- Keep untrained children in diapers out of the water.
- Do not swim or wade if you are sick or just recovering from an illness.
- Do not dump portable toilet and holding tank refuse in or near the lake.
- Keep dogs and horses out of the water.

For Personal Protection:

- Do not drink untreated lake water unless you boil it first, or use filtered water.
- Don't swallow water when swimming.
- Spread out and avoid crowds in the water.
- Shower after you swim.



Stanislaus County
Department of Parks and Recreation
(209) 525-6750
www.stancounty.com/parks