

DEQ Boise Regional Office

1445 N. Orchard St.
Boise, ID 83706
ph: (208) 373-0550
toll-free: (888) 800-3480

DEQ Coeur d'Alene Regional Office

2110 Ironwood Parkway
Coeur d'Alene, ID 83814
ph: (208) 769-1422
toll-free: (877) 370-0017

DEQ Idaho Falls Regional Office

900 N. Skyline Drive, Suite B
Idaho Falls, ID 83402
ph: (208) 528-2650
toll-free: (800) 232-4635

DEQ Lewiston Regional Office

1118 "F" St.
Lewiston, ID 83501
ph: (208) 799-4370
toll-free: (877) 541-3304

DEQ Pocatello Regional Office

444 Hospital Way, #300
Pocatello, ID 83201
ph: (208) 236-6160
toll-free: (888) 655-6160

DEQ Twin Falls Regional Office

1363 Fillmore St.
Twin Falls, ID 83301
ph: (208) 736-2190
toll-free: (800) 270-1663

Panhandle Health District

208-415-5200
www.phd1.idaho.gov
(serving Benewah, Bonner, Boundary, Kootenai,
and Shoshone counties)

Public Health - Idaho North Central District

208-799-3100
www.idahopublichealth.com
(serving Clearwater, Idaho, Latah, Lewis, and Nez
Perce counties)

Southwest District Health

208-455-5400
www.swdh.org
(serving Adams, Canyon, Gem, Owyhee, Payette,
and Washington counties)

Central District Health Department

208-375-5211
www.cdhd.idaho.gov
(serving Ada, Boise, Elmore and Valley counties)

South Central Public Health District

208-737-5900
www.phd5.idaho.gov
(serving Blaine, Camas, Cassia, Gooding, Jerome,
Lincoln, Minidoka, and Twin Falls counties)

Southeastern Idaho Public Health

208-233-9080
www.sdhdidaho.org
(serving Bannock, Bear Lake, Bingham, Butte,
Caribou, Franklin, Oneida, and Power counties)

Eastern Idaho Public Health District

208-522-0310
www.phd7.idaho.gov
(serving Bonneville, Clark, Custer, Fremont,
Jefferson, Lemhi, Madison, and Teton counties)

Harmful Algal Blooms

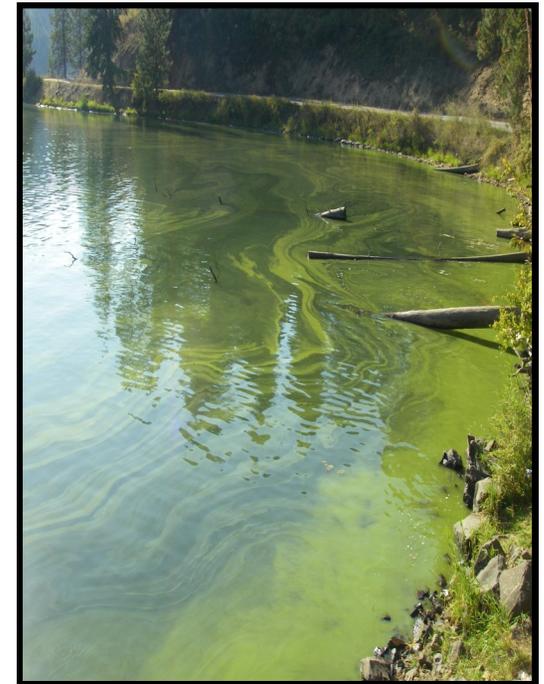


Photo provided by the Idaho Department of
Environmental Quality



IDAHO DEPARTMENT OF
HEALTH & WELFARE

What is a Harmful Algal Bloom (HAB)?

Harmful Algal Blooms (HABs) are not algae at all, but are actually bacteria. When conditions are favorable (such as calm weather conditions, and an increase in water temperature and nutrients) these bacteria reproduce rapidly; forming a bloom. HABs can occur at any time, but often occur in late summer or early fall.

What does a HAB look like?

HABs can be blue, bright green, brown, or red and may look like paint or anti-freeze floating on the water. As the bloom matures, it may look like foam, scum, or mats on the surface of freshwater lakes and ponds.



How are people and animals exposed to HABs?

People and animals can be exposed to HABs by swallowing water and/or touching the water during recreational activities, such as swimming, water skiing, and diving.

What are the health effects of HABs?

The most common health effect is skin and eye irritation. Other more severe health effects can be:

- Difficulty breathing
- Stomach pain
- Nausea
- Vomiting
- Diarrhea
- Dizziness
- Numbness and tingling in lips, fingers, and toes

If contact with HABs occurs and you or a family member has symptoms, consult a medical provider immediately.

Pets and livestock exposed to HABs may exhibit symptoms and conditions such as:

- Weakness
- Staggering
- Difficulty breathing
- Liver poisoning and
- Convulsions

Animals exposed to HABs may die within tens of minutes to hours. **If your pet comes into contact with HABs call a veterinarian right away.**

When HABs decompose, they can also kill fish that live in the water.

How can I prevent exposure to HABs?

- Do not go in or near any water that has an unusual color. This includes keeping children, pets, and livestock out of the water.
- Avoid any water sports such as swimming, diving, water skiing, boating, etc. in areas with HABs.
- Do not use untreated water for drinking, bathing, cleaning, or cooking. Boiling water with HABs will not remove toxins; it may cause more toxins to be released.

Can I fish in a lake with a HAB present?

The toxins will be confined to the organs and fatty tissue of fish living in waters where a bloom is occurring. When you consume fish from a lake with a bloom, take the following steps:

- Remove the skin, organs, and fatty deposits from the fish
- Rinse the meat before cooking
- Cook the fish thoroughly
- Limit consumption to no more than two 8-oz fillets per week

To report a HAB call your local Idaho Department of Environmental Quality (DEQ) office. For concerns about health effects from HABs please call your local Public Health District (numbers are located on the back of this brochure).