

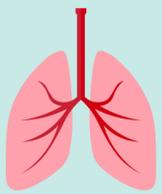
Harmful algal blooms

What to do if you've been exposed

Know the symptoms



Symptoms of **skin contact** with a harmful algal bloom (HAB): rashes, hives, or blisters



Symptoms of **breathing in droplets** of air contaminated by a HAB: sore throat, runny nose, asthma, or other respiratory irritation



Symptoms of **swallowing** water contaminated by a HAB or **eating** contaminated food or dietary supplements: vomiting, diarrhea, stomach pain, weakness, tingling, dizziness, or trouble breathing

Rinse off immediately with clean water if you suspect you came into contact with a HAB. Talk to your healthcare provider for advice on relieving your symptoms.



Call the Utah Poison Control Center (UPCC) at **800-222-1222** and seek medical assistance if you show any of these signs after a water exposure.



Report suspected HABs

- If you think you saw a HAB, report it to the 24-Hour DEQ Environment Incidents line: (801) 536-4123
- If you are worried about the way water looks or smells, you can also contact your local health department or your local park authority
- If you are concerned about your tap water, contact your water utility or your local health department
- You can also contact Utah Water Watch: waterquality@usu.edu or 435-797-2580

This information is presented by the Utah Department of Health and Human Services (DHHS). If you have any questions or concerns please contact DHHS Office of Communicable Diseases at (801) 538-6191.



Utah Department of
Health & Human
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