



We can't bring back our child.
Protect yours, with nose clips.
Learn more at...

Amoeba-Season.com

USF
HEALTH

Primary Amoebic Meningitis.
99% lethal, 100% preventable.

Getting PAM is like getting struck by lightning. Except lightning only kills 10%.
Once PAM symptoms start, it's almost impossible to save the victim's life.

BUT PREVENTION is EASY!...

Summer is Amoeba Season!

DOs

1. Enjoy ocean and chlorinated water activities in hot weather, when water is likely to be over 80 degrees Fahrenheit.
2. Keep heads above water, or use nose clips if you can't avoid swimming.
3. Use previously boiled water, or buy purified bottled water for your neti pot or nasal rinse.
4. Teach kids not to get water up the nose from the tub, shower, hoses or faucets, or outdoor splash play areas.
5. Keep your water heater temperature @ 120 degrees Fahrenheit (to kill amoeba, but prevent accidental burns).
6. In pools, keep free chlorine at 1-3 ppm & pH 7.2-7.8; in hot tubs, free chlorine should be 2-4 ppm, or free bromine 4-6 ppm, & pH 7.2-7.8.

DON'Ts

1. Don't put head underwater in warm fresh water that does not smell chlorinated. This includes any kind of lake, river or stream, pond, well, ditch, hot spring, or geothermal pool.
2. Don't put head underwater in hot tubs, spas, or pools that are not well-maintained.
3. Don't get faucet water forced up the nose. Use nose clips for play on hose-fed outdoor toys like kiddie pools, slip-slides or inflatable water slides.
4. Don't use a neti pot or rinse the nose with un-boiled water from a faucet.

Stay informed at Amoeba-Season.com!



Philip Thomas Gompf
Aug 5, 1999 - Aug 17,
2009

***One More Child is One
Too Many***



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