



# TIPS FOR STAYING HEALTHY ON THE LAKE

## Lake Minnetonka

We want everyone to be safe and healthy while enjoying the lake, which is why certain regulations and measures are in place. Gatherings, whether on land or water, carry a higher risk of exposure to illnesses. There are several ways that illnesses can be transmitted such as through person-to-person, food, water, and animals. The good news is that you can take measures to minimize the risk of illness and keep the lake healthy for others. Being that Lake Minnetonka is one of the largest and busiest lakes in Minnesota, it is especially important to take additional steps to reduce the risk of illness.

***Thank you for keeping Lake Minnetonka a fun and safe place to be for everyone.***



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Bacteria, viruses, and other organisms in the water can cause some ear and eye infections, stomach aches, diarrhea, and flu-like symptoms. MDH, Hennepin County, and CDC offer some tips that everyone can take to minimize the risk of illness while enjoying the water and to keep the lake healthy for everyone.

### Minimize the risk of illness while on the lake:

- Don't swallow the water
- Shower after swimming
- Avoid swimming after a rain event
- Avoid swimming near discharge pipes
- Avoid swimming if you see a blue-green algal bloom
- Wash your hands before eating

### Help keep the lake healthy for everyone:

- Stay out of the water if you are sick including vomiting/diarrhea
- Shower before swimming
- Don't go to the bathroom in the water
- Take frequent bathroom breaks
- Change diapers frequently and away from the water
- Dispose trash, animal waste, raw meat juices, and boat waste properly



## MARINE TOILETS AND DISCHARGE

The LMCD passed a stricter ordinance regarding marine toilets on Lake Minnetonka in response to the July 4, 2019 illness outbreak. While the discharge of sewage was already prohibited, the new ordinance takes an additional step to protect the lake and all those who enjoy it. Marine toilet macerator/grinder pumps must be removed from watercraft and the discharge valves ("Y valves") locked to prevent accidental or intentional discharge of sewage into Lake Minnetonka. If your watercraft has been re-piped to satisfy sewage discharge regulations on other waters, you may already be in compliance. Further, a person may not launch a watercraft equipped with a marine toilet that is not in compliance. Lake service providers who launch watercraft or provide pumping services are required to report to the LMCD any situations where marine toilets do not comply with regulations.

## BEACH CLOSURES

Beaches are sometimes closed due to higher than recommended levels of E coli, an indicator used to determine whether the lake's water quality is suitable for swimming. It is not uncommon to have the beaches closed periodically through the summer. Find Current Beach Closures at Hennepin County Environmental Services webpage or link under **Lake Safety** at [lmcd.org](http://lmcd.org).

## ADDITIONAL RESOURCES

This information is provided as a guide. For specific requirements, please refer to **LMCD Codes** and **Lake Safety** information at [lmcd.org/safety/](http://lmcd.org/safety/) and [lmcd.org](http://lmcd.org).