

## **NEWS RELEASE**

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For Immediate Release  
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### **Harry Strunk Lake Health Notice**

Southwest Nebraska Public Health Department (SWNPHD) has been notified of high levels of E. Coli at Harry Strunk Lake in Frontier County also known as Medicine Creek Reservoir. This means the water has a higher than usual number of bacteria, and residents should take extra care to not swallow any lake water.

“Bacteria levels can change quickly and usually do not last long, depending on the conditions,” stated Propp. “It is always a good idea to avoid swallowing lake water during the summer.”

According to the U.S. Environmental Protection Agency (EPA), swimming during high E Coli levels can cause health issues. Young children should not be in the water at this time, since they are more likely to get sick from E. Coli.

Symptoms can include abdominal cramps or pain, diarrhea, nausea, vomiting, fever, and loss of appetite, usually 3 or 4 days after exposure to the water. If you swam and are having these symptoms, contact your medical provider.

For more information check the Beach Watch website [deq-iis.ne.gov/zs/bw](https://deq-iis.ne.gov/zs/bw) or call SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. The website [swhealth.ne.gov](https://swhealth.ne.gov) contains many resources and additional information helpful to prevent disease, promote wellness, and protect health. You can also follow SWNPHD on Facebook, Instagram, and YouTube.

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