Remember - to stop amoebic meningitis infection

- Don’t allow water to go up your nose.
- Do not play with garden hoses and sprinklers.
- Let bath and shower taps run for a few minutes.
- Keep wading pools clean and only use the water once.
- Keep your swimming pool or spa clean.
- Test your swimming pool or spa at least every day.
- Stay out of hazardous water - dirty pools, spas, waterholes, dams etc.
- If you do come in contact with unsafe water, walk or lower yourself in.

Don’t allow water to be forced up your nose.

Other leaflets available:
- Keeping your Swimming Pool and Spa Healthy
- Emergency Treatment of Drinking Water
- Monitoring Drinking Water in Western Australia
- Using Bore Water Safely

Further Information:
For further information contact your local government Environmental Health officer
or
Office of Water Quality, Environmental Health Directorate
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How do you get it?

Amebic meningitis occurs only if water containing the amoebae goes up the nose. The amoebae can then make their way up the nerves to the brain.

When do you get it?

When a number of conditions occur at the same time:

- if the amoebae are present in the water
- if they get a chance to multiply
- if water gets up your nose

Where do you get it?

Naegleria fowleri thrive in water temperatures between 28°C and 40°C. You can get amebic meningitis from:

- unchlorinated or incorrectly chlorinated fresh water (drinking water, bore water),
- warm inland waters (dams, lakes, geothermal water, or waterholes),
- poorly maintained swimming pools and spas,
- water piped above ground for long distances without proper treatment,
- garden hoses and sprinklers containing stagnant water.

Naegleria fowleri will not grow in any water body with more than two percent salt such as sea water and river estuaries.

To prevent infection

- Don’t allow water to go up your nose or sniff water into your nose when bathing, showering or washing your face.
- Don’t allow children to play unsupervised with hoses or sprinklers as they may accidentally squirt water up their nose.
- Let bath and shower taps run for a few minutes to flush out the pipes.
- Don’t jump into or duck dive into bathing water – walk or lower yourself in.
- Swim in and play with safe water only. Stay out of dirty pools, waterholes, dams, swimming pools, spas, etc.
- Disinfect your swimming pool and spa water. Chlorine is the most effective way to continually disinfect water as it kills all stages of Naegleria fowleri.
- Keep wading pools clean by emptying, scrubbing and allowing them to dry in the sun after each use.
- Swim in sea water as you cannot get amoebic meningitis from water containing more than two per cent salt.

Water should be clean, cool and chlorinated.