



TIPS FOR STAYING SAFE IN DENVER'S STREAMS AND LAKES

RUNOFF

Denver's lakes and streams receive runoff from city streets, yards, parks, and discharges from industry and wastewater treatment plants that can make you sick.

DDPHE does not recommend wading or playing in city streams or lakes. Swimming is not allowed. Instead use swimming facilities provided by the [Denver Parks and Recreation Department](#) throughout the city.



Kayakers may also become ill from ingesting surface water.

If you choose to enter one of the city's streams or lakes, here are some tips to help keep you safe:

WASH YOUR HANDS BEFORE EATING

If you've been in the water, wash your hands before eating and avoid entering the water with open cuts or sores.



WAIT 72 HOURS AFTER A STORM

Street runoff is one of the largest pollution sources in Denver's lakes and streams. Waiting allows bacteria levels to return to safe levels.



BLUE GREEN ALGAE RELEASE TOXINS WHICH CAN MAKE YOU AND YOUR PETS SICK

If you see signs of a bluegreen algae bloom, or are unsure if a bloom is present, don't enter the water. Learn how to recognize bluegreen algae and how to keep you and your pets safe at [CDC's website](#).

AVOID:

- Swallowing the water
- Entering water with open cuts or sores
- Waters near flowing storm drains
- Areas where the water is not flowing
- Areas with signs of pollution such as trash, oil slicks or scum
- Lakes and streams with visible signs of bluegreen algae.

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