



Cyanobacteria ni iki?

Cyanobacteria (izwi kandi nk'icatsi c'ubururu co mu biyaga) kiboneka mu mazi yo muri reta zunze ubumwe hamwe n'i Vermont. Mu bihe bimeze neza, cyanobacteria ishobora kwigwiza binyarutse mu kwigira ahantu hanyanyaga kandi huzuranye hazwi nk'amashurwe, cane cane mu bihe vy'iminsi ya nyuma y'ici haba hashushe no mu ntango z'umukubezi.

Ishurwe rya cyanobacteria riba risa gute?

Ishurwe rya cyanobacteria kenshi riba risa:

- x Ikimeze nk'isupuy'ubwishaza ivuze canke irangi rivuze ku mazi hejuru
- x Ubururu canke ubururu bw'urwatsi mw'irangi, ariko gashobora kuba umujumbu, umukabiranya, umutuku canke kera
- x Ikimeze nk'ikirago hejuru mw'ihuriro ry'isi n'amazi
- x Ikimeze nk'ikirago hejuru y'amazi citandukanya vyoroshe
- x Utuntu dutoduto canke tuvuze tureremba hejuru canke muni y'amazi

Ishurwe rya cyanobacteria ntiriba risa:

- x Rizitanye, akatsi gasa n'icatsi kidahishiye, inkengera ndende iboneka ko yonze canke y'ipampa iki kiboneka nk'icatsi co mu mazkidakomeretsa gisa n'ibara ry'icatsi
- x Ikinyagu c'ibara ry'umuhondo gishobora kuba kigizwe n'imbutu

Ronka amasanamu n'amashusho ya cyanobacteria kuri healthvermont.gov/cyanobacteria

Ni gute no kwegerana na cyanobacteria?

Ushobora guhura na cyanobacteria mu gihe:

- x Uriko woga mu ruzi
- x Usoza ubwato canke unyonga ku rubura
- x Ibikorwa bijanye n'amazi hafi canke mu mashurwe
- x Kunywa amazi adasukuye neza

Abana n'ibikoko bafise ingaruka zo kwegerana na cyanobacteria kubera bakunda gukinira ku nkengera z'ikiyaga kandi bashobora kumira amazi.

Sisiteme z'amazi mu gukurikirana ihindagurika ry'ikiyaga zikorana n'abakorana na reta mu kugenzura amashurwe ashobora kugira ingaruka ku kanovera k'amazi yo kunywa.

Ni izaha ngaruka ku magara zo kwegerana na cyanobacteria?

Ingaruka z'amagara muri rusangi zitumwe no kwegerana n'ibinyabuzima vya cyanobacteria harimwo:

- x Uduherehere canke gufurutira ku mubiri
- x Uguhinduka kw'ibihimba vy'umubiri nko kubabara ku zuru canke mu muhogo

Cyanobacteria zimwe zimwe zishobora kugira ubumara bubaza bwitwa cyanotoxins. Mu gihe ubwo bumara bunyowe ari bwinshi, bushobora guteza:

- x Ingorane zidasanzwe z'umushishito nko gucibwamwo kudahwa
- x Ingorane zo munda zishobora kumara amasaha canke iminsi kugira ziyerekane mu bantu canke mu bikoko
- x Ukubabara kw'ibihimba, kubabara inzara n'amano canke kuzungurirwa

Ubumara bwa cyanobacteria bushobora kandi gutuma haba indwara kandi rimwe na rimwe urupfu ku bikoko n'ibitungwa. Ibimenyetso bishobora kuboneka ku bikoko harimwo:

- x Ukugoyagoya canke kugenda bigoranye
- x Guhema bigoranye
- x Ihindagurika ryo mu mubiri
- x Kudahwa canke gucibwamwo

Biragoye kuvuga nimba ishurwe ry'ubwiza ririmwo ubumara bubabaza i wegereye canke uriravye. Ibipimo vy'amazi vyonyene vy'abahinga bishobora kwemeza nimba ishurwe rifise ubumara. Mu gihe ukekeranya, ni vyiza kutaja mu mazi.

Ibiyaga vyoba bigenzurwa ko hatarimwo amashurwe ya cyanobacteria?

Mu gihe c'ici n'igihe hegereye umukubezi, ikiyaga Champlain hamwe n'ayandi mazinga amwe amwe y'ibiyaga vya Vermont biragenzurwa. Ushobora kuronka raporo za buri ndwi z'ikarata yerekana cyanobacteria kuri healthvermont.gov/tracking/cyanobacteriatracker.

Usabwe kumenye ko icerekana cyanobacteria gishobora kugufasha gutahura vuba ahari amashurwe, ariko ntigishobora kukubwira ukuntu aho wogera kenshi hameze. Ibi ni kubera uko amashurwe ameze ashobora guhinduka vyoroshe, kandi atari ahantu hose hapimwe. **Ni vyiza kwiga uko amashurwe ya cyanobacteria ameze kandi wigire kure yayo.**

Ni iki nokora nimba mbonye ishurwe rya cyanobacteria?

- x Ntukore mu mazi.
- x Gumiza ibikoko n'ibitungwa kure y'amazi.

- x Menyeshauweje ikiyege canke uwujwe amagara y'abantu mu gisagara.
- x Tanga raporo y'ishurwe ku tinyurl.com/bloom-report.

Ni hehe noronka amakuru aramvuye?

Igisata c'amagara y'abantu c'i Vermont hamagara kuri 800-439-8550 canke uje kuri healthvermont.gov/cyanobacteria

Igisata kijeje ibidukikije c'i Vermont hamagara kuri 802-490-6130 canke uje kuri dec.vermont.gov/watershed/lakesponds/learn-more/cyanobacteria

Komite y'ikiyaga Champlain hamagara kuri 802-658-1414 canke uje kuri lakechamplaincommittee.org

Porogarama ijeje ihindagurika ry'ikiyaga hamagara kuri 802-372-3213 canke uje kuri lcbp.org



What are cyanobacteria?

Cyanobacteria (also known as blue-green algae) are naturally found in fresh water in the U.S. and throughout Vermont. Under the right conditions, cyanobacteria can multiply quickly to form surface scums and dense populations known as blooms, especially during the warm days of late summer and early fall.

What does a cyanobacteria bloom look like?

Cyanobacteria blooms most commonly look like:

- x Thick pea soup or spilled paint on the water's surface
- x Green or blue-green in color, but can be brown, purple, red or white
- x A mat of foam along the shoreline
- x A mat on the surface of the water that breaks apart easily
- x Small specks or blobs floating at or below the water surface

A cyanobacteria bloom does not usually look like:

- x Stringy, bright grass-green, long strands that feel slimy or cottony – this is likely harmless green algae
- x Mustard yellow in color – this is probably pollen

Find a video and photos of cyanobacteria at healthvermont.gov/cyanobacteria.

How can I come in contact with cyanobacteria?

You may be exposed to cyanobacteria while:

- x Swimming
- x Boating or jet-skiing
- x Water-based activities near or in blooms
- x Drinking untreated surface water

Children and pets have a higher risk of being exposed to cyanobacteria because they are more likely to play near the shoreline and are more likely to swallow water.

Public water systems on Lake Champlain work with state partners to monitor blooms that might impact the quality of drinking water.

What are the health effects of being exposed to cyanobacteria?

General health effects caused by exposure to cyanobacteria cells include:

- x Rashes or skin irritation
- x Allergy-like reactions such as a runny nose or a sore throat

Some cyanobacteria may produce harmful compounds called cyanotoxins. When these toxins are swallowed in large amounts, they can cause:

- x Sharp, severe stomach problems like diarrhea and vomiting
- x Liver damage that may take hours or days to show up in people or animals
- x Numb limbs, tingling fingers and toes or dizziness

Cyanobacteria toxins can also cause illness and sometimes death in pets and livestock. Possible symptoms animals may show include:

- x Weakness or staggering
- x Difficulty breathing
- x Convulsions
- x Vomiting or diarrhea

It is not possible to tell if a bloom contains harmful toxins just by looking at it. Only laboratory tests of water samples can confirm whether a bloom is toxic. When in doubt, it's best to stay out of the water.

Are lakes monitored for cyanobacteria blooms?

During the summer and early fall, Lake Champlain and some inland Vermont lakes are monitored. You can find weekly reports on the Cyanobacteria Tracker Map at healthvermont.gov/tracking/cyanobacteria-tracker.

Please note that the Cyanobacteria Tracker can help you understand where blooms have been reported recently, but it cannot tell you what the conditions are currently at your favorite swimming area. This is because bloom conditions can change rapidly, and not all locations are monitored. **It's best to learn what cyanobacteria blooms look like and stay away from them.**

What should I do if I see a cyanobacteria bloom?

- x Do not come in contact with the water.
- x Keep pets and livestock away from the water.
- x Alert the beach manager or town health officer.
- x Report the bloom at tinyurl.com/bloom-report.

Where can I get more information?

Vermont Department of Health – call 800-439-8550 or visit healthvermont.gov/cyanobacteria

Vermont Department of Environmental Conservation – call 802-490-6130 or visit dec.vermont.gov/watershed/lakes-ponds/learn-more/cyanobacteria

Lake Champlain Committee – call 802-658-1414 or visit lakechamplaincommittee.org

Lake Champlain Basin Program – call 802-372-3213 or visit lcbp.org