



# Seabather's Eruption aka "Sea Lice"



## Prevention:

- Avoid beaches where larvae have been reported. You can find advisories on [njbeaches.org](http://njbeaches.org).
- Don't wear loose or two-piece bathing suits and avoid wearing shirts in the water. These garments trap larvae more easily.
- Rinse with salt water first, then gently shower. Freshwater can trigger larval toxins.
- Wash swimwear in hot water, then machine dry.

## At-Home Care:

- Use antihistamines, hydrocortisone cream, or calamine lotion for relief.
- Apply vinegar with 5% acetic acid to the rash to help deactivate toxins.
- Put ice packs on the rash to lessen inflammation and itching.
- Avoid scratching to reduce risk of infection. If you really need to scratch, use soft gloves.
- If an infection occurs and worsens, seek medical attention.