

[Sound of water splashing] [Stefany Strong, Health Reporter] There's something special about diving into water on a lazy hot summer day in sunny Florida.

Swimming is relaxing, offers great exercise, and is loads of fun!

Teresa Vondran's boys enjoy their time in the water at Blue Springs State Park. They even bring their plastic flotation device and inner tube to double the fun."

[Teresa Vondran, Parent] "I know you can see, that's the good thing you can see. Without your goggles."

[Robert Rundle, Park Manager] "Blue Springs is always a very busy park. We have lots of folks come out on almost a daily basis. In fact on weekends we are so busy we recommend folks get here early."

[Stefany Strong, Health Reporter] "Blue Springs, Deleon Springs, the beach, public swimming pools are all approved swimming places in Volusia County. However, there are some un-approved places such as fresh water lakes and ponds."

[Chip Schelble, Environmental Health Manager] "As you can see in the shoreline here in this little pond, there's a lot of mucky areas and these are the kinda environments that the Ameoba inhabits."

[Stefany Strong, Health Reporter] "Chip Schelble is an Environmental Manager for the Volusia County Health Department. Every summer when the water temperatures climb above 80 degrees, swimmers should be aware of a rare but potential danger lurking at the bottom of fresh water lakes and ponds. AMEOPA, which could cause an illness called PAM."

[Chip Schelble, Environmental Health Manager] "PAM is Primary Amebic Meningoencephalitis which is the condition that is derived from the Ameoba that is contracted from the Ameoba which causes swelling of the brain, and in most cases, eventually death."

[Stefany Strong, Health Reporter] "One reason the Ameoba bacteria is so dangerous to swimmers is because it's invisible. No one knows it's there."

[Chip Schelble, Environmental Health Manager] "If you're swimming in this kind of environment, which we really recommend you don't, but if you are, is not to disrupt the muck, not to stir it up which makes the Ameoba more active and more likely to infect a swimmer."

[Music playing][Stefany Strong, Health Reporter] "Signs of PAM infection include: headache, fever, nausea, vomiting, and stiff neck. The disease progresses rapidly and infection usually results in death within 3 to 7 days."

[Sound of water splashing]

[Stefany Strong, Health Reporter] "Unlike the county's ponds and lakes, the Health Department monitors Blue Springs, and other approved bathing places."

[Robert Rundle, Park Manager] "Water that you get in the spring and the spring run is coming out of the ground and basically is the same water as in the public drinking supply."

[Stefany Strong, Health Reporter] "Teresa Vondran said she prefers the approved swimming places for her children anyway."

[Teresa Vondran, Parent] "I do not allow my children to swim in unauthorized areas for the reason of, you know, snakes, critters, infection."

[Music playing] [Stefany Strong, Health Reporter] "For more information on PAM, please visit www.volusiahealth.com or www.cdc.gov or call (386) 274-0700. For Volusia Magazine and on behalf of the Volusia County Health Department, Your Guide To Better Health, I'm Stefany Strong."