



# Swimming

in the

## St. Lawrence

Of Course!



### Beaches Around Montreal

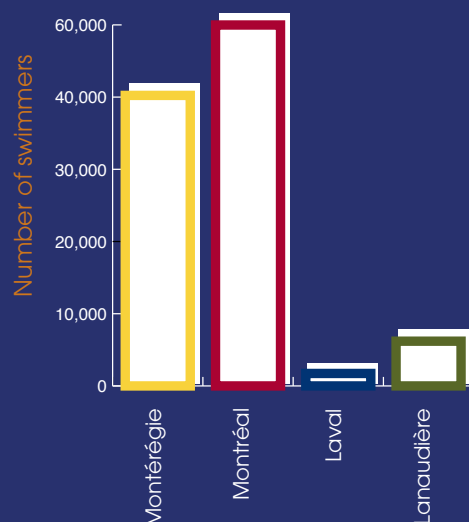


#### Legend

- Supervised and monitored beaches
- Potential swimming sites where water quality was evaluated by SLV 2000

Source: Human health component SLV 2000

### Metropolitan Region Swimmers



More than half of these people swim in the St. Lawrence less than 50 kilometres from their homes.



### Choose swimming sites where there are lifeguards and the water quality is monitored

During the past decades, much effort was invested to treat waste water emptied into the St. Lawrence by the riverside municipalities. In some places, the water is now of excellent quality for swimming or windsurfing. However, swimming remains risky in many places.

### Places to Avoid

Contrary to what some people believe, it is not chemical contamination that is a risk to human health but rather microbial contamination found namely where there are bird droppings and near sewer discharges.

### Health Risks

The main sources of risk are germs, such as bacteria and viruses that can cause problems such as gastroenteritis as well as ear, skin or eye infections.



To find out more about the Human health component of the St. Lawrence Vision 2000 Program, visit our web site at:

[http://slv2000.qc.ec.gc.ca/plan\\_action/phase3/sante\\_humaine/accueil\\_a.htm](http://slv2000.qc.ec.gc.ca/plan_action/phase3/sante_humaine/accueil_a.htm)

Information on water quality of beaches is available at:

<http://www.menv.gouv.qc.ca/programmes/env-plage/index.htm>