



2016 Directions for Use

For children 2 years and older and adults: **Before entering the water and applying sunscreen, apply to all uncovered skin** that will be under water continuously for 5 minutes or longer. **Apply liberally and evenly.** When coming out of the water, light toweling off is best because it minimizes removal of Swimmer's Itch Guard. **Reapply after 60 minutes of water activity, taking a shower or hot-tub, or repeated hard toweling offs.**

Additional Tips

To be safe, **always apply before entering the water.** Our experience is that it takes about 5 minutes (sometimes less, sometimes more) for the parasite to penetrate the skin. Once it penetrates, there is no amount of toweling off or showering or anything that you can do to prevent getting those itchy red bumps. Swimmer's Itch Guard prevents the parasite from penetrating so always apply before entering the water.

Loose fitting bottoms and tops allow water and the parasite to flow to untreated skin. If the suit or shirt is loose fitting, apply to **all** skin underneath the suit or shirt.

If the suit or shirt is snug fitting at the openings, apply to 2 inches of skin underneath the suit or shirt at the openings. The reason for 2 inches of skin is that the suit or shirt will move and leave untreated skin exposed.

Be sure to **apply to the necks of children** since they are up to their necks often!

Application to the face is not necessary unless snorkeling or swimming with face in and out of the water (crawl) for more than 5 minutes. Long distance swimmers should also apply to neck, **all** skin underneath suit, whether snug fitting or not, and wear a swimming cap.

Swimmer's Itch Guard Gel spreads easily so by applying liberally and evenly, you assure complete coverage. A lightly covered or missed spot might become an itchy spot! Don't forget to **apply to feet and between toes.**

Remember to **reapply after 60 minutes of water activity or taking a shower or hot tub** if planning to go back in the water.

Now, enjoy the water again!

Swimmer's Itch Guard

swimmersitchguard.com