

SAFE AND HEALTHY Swimming on Sebago Lake



Sebago Lake is the drinking water source for 200,000 Maine residents and it is also a popular recreation destination for fishing, boating and swimming. The water quality in the lake is excellent, and lake users can help keep it that way by following some simple guidelines that will keep harmful bacteria out of the water.



Beaches can become contaminated by fecal waste from humans and wildlife. Fecal waste can carry harmful bacteria and viruses that may make people sick. The most common beach contaminant is E. coli bacteria.



Throughout the summer, the Portland Water District tests E. coli levels at beaches around the lake to ensure that the lake is not only safe for swimming but that it continues to be a high-quality source of drinking water.



You can help keep Sebago Lake clean by following these good beach practices:

- ✓ Take children to use bathroom facilities frequently to prevent accidents.
- ✓ Change and dispose of diapers in a sanitary manner, away from the water.
- ✓ Don't feed ducks, geese or other wildlife.
- ✓ Scavenging animals can cause fecal contamination, dispose of ALL food scraps in secure garbage bins.
- ✓ If dogs are permitted at the beach, be sure to clean up after them promptly.
- ✓ If you are boating, NEVER discharge sewage or contaminated bilge water into the lake.



Portland Water District

For more information about
Sebago Lake, visit www.pwd.org
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Questions about water quality?
Contact us at sebagolake@pwd.org