Naegleria fowleri is an ameba commonly found in warm freshwater. It enters the body through the nose and causes a rare but fatal brain infection.

There is a low level of Naegleria fowleri risk when entering any warm freshwater.

Infections are more likely to occur when water temperatures are high and water levels are low.

Reduce the risk of Naegleria fowleri infection while swimming by limiting the chance of contaminated water going up the nose:

- Avoid water-related activities when temperatures are high and water levels are low
- Hold your nose shut, use nose clips, or keep your head above water
- Avoid digging in, or stirring up, the sediment