What you need to know about E. Coli

1. E. Coli lives in their lower intestines of birds, dogs and humans and all warm-blooded animals.

2. E. Coli is used as a marker of fecal contamination. There is an increased risk of bacteria that can cause illness at **levels above 235 MPN or CFU/100mL** based on Health Canada’s Recreational Water Quality Guidelines 2023.

3. Kinsmen Beach is not a part of the HRM Supervised Beach Program and is not regularly tested for E. Coli.

4. Friends of First Lake ( FOFL) is testing for E. Coli at 8- 11 sites around the lake monthly from May to late October and is looking for trends over time. The actual E. Coli level may vary from day to day. **High bacteria levels can be caused by a number of factors, including dogs, birds, wildlife and impacts from climate change such as high temperatures, lower water levels and recent heavy rainfall.**

5. The results and locations can be found on the website [www.firstlake.ca](http://www.firstlake.ca). Ongoing results from FOFL testing of the stormwater drains can also be found there.