Think Healthy. Be Healthy. Swim Healthy!

Remember, you share the pool water with everyone.

If someone with diarrhea contaminates the water, swallowing that water can make you sick.

Pool water is not drinking water.

So, you think chlorine kills germs. Yes, it does. But it doesn't work right away. It takes time to kill germs.

Without your help, even the best-maintained pools can spread germs.

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Three Steps for Water Safety

PLEASE keep an eye on your child at all times. Remember, kids can drown in seconds and in silence.

PLEASE use appropriately fitted life jackets* instead of air-filled or foam toys (such as "water-wings" or "noodles"). These toys are not designed to keep children safe.

*www.uscgboating.org/waypoints/archived/may07/art1_care.htm

PLEASE use sunscreen with at least SPF 15 and both UVA and UVB protection, and be sure to reapply it after swimming. Just a few serious sunburns can increase the risk of getting skin cancer.

FOR MORE INFORMATION, VISIT
www.cdc.gov/healthyswimming

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention

Healthy Swimming

Protect Yourself and Your Family Against Recreational Water Illnesses

DEPARTMENT OF HEALTH & HUMAN SERVICES USA

CDC
SAFER • HEALTHIER • PEOPLE™

Many people have become sick from germs found in contaminated recreational water.

What are Recreational Water Illnesses?

Recreational Water Illnesses (RWIs) are the various illnesses caused by germs that can contaminate water in pools, lakes, and the ocean. The most common RWI is diarrheal illness caused by germs like "Crypto" and *E. coli* O157:H7.

How is diarrheal illness spread?

You share the pool water with everyone. A person with diarrhea can easily contaminate the pool with fecal matter. Germs that cause diarrheal illness can be spread when swimmers swallow contaminated water.

Pool water is not drinking water.

Does chlorine protect against RWIs?

Yes, RWI germs are killed by chlorine, but it doesn't work right away. Some germs, like "Crypto," can live in pools for days. Without your help, even the best-maintained pools can spread germs.

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Practice These Six Steps to Protect Yourself and Others

Without Your Help, Even the Best-Maintained Pools Can Spread Germs

All Swimmers

Keep germs from causing recreational water illnesses (RWIs)

PLEASE don't swim when you have diarrhea. You can spread germs in the water and make other people sick.

PLEASE don't swallow pool water. Avoid getting water in your mouth.

PLEASE practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

Parents

Keep germs out of the pool

PLEASE take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.

PLEASE change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can be spread in and around the pool.

PLEASE wash your children thoroughly (especially the rear end) with soap and water before they go swimming. Invisible amounts of fecal matter can end up in the pool.