

Think about it!

You share the water with everyone in the pool. If someone with diarrhea contaminates the water, swallowing the water can make you sick.

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

In fact, without your help, even the best-maintained pools can spread illness.

Think Healthy,

Be Healthy,

Swim Healthy!



Remember the Other Classic “PLEAs” of Water Safety

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

PLEASE protect your child against sunburn by using a sunscreen with at least SPF 15 and both UVA and UVB protection, and be sure to re-apply it after swimming. Even a few serious sunburns can increase the risk of getting skin cancer.

PLEASE don't use air-filled swimming aids (such as “water wings”) with children in place of life jackets or life preservers.

For more information go to www.healthyswimming.org



Healthy Swimming



Protect Yourself and Your Family Against Recreational Water Illnesses



Swimming... Same Tradition, New Information

What is the first thing that pops into your head when you think about water safety? Drowning? Lightning? Slipping? All are important safety issues. But, do you know many people have become sick from germs found in contaminated recreational water?

What are Recreational Water Illnesses (RWIs)?

RWIs are the various illnesses caused by germs that can contaminate water in pools, lakes and the ocean. The most common RWI is diarrhea, caused by germs like "Crypto", *Giardia*, *Shigella*, and *E. coli* O157:H7.

How is Diarrhea Spread?

Pool water is shared by every swimmer. A person with diarrhea can easily contaminate the pool with fecal matter. Diarrhea is then spread when swimmers swallow this contaminated pool water.



Does Chlorine Protect Against RWIs?

Yes, germs causing RWIs 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 illness.

Practice the 6 "PLEAs" to Protect Yourself and Others Against RWIs



Three "PLEAs" for All Swimmers

Practice these three "PLEAs" to stop germs from causing illness at the pool:

Please do not swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.

Please do not swallow the pool water. In fact, avoid getting water in your mouth.

Please practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.



Three "PLEAs" for Parents of Young Kids

Practice these three "PLEAs" to keep germs out of the pool and your community:

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 and not at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.

Please wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.



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

For more information go to:

www.healthyswimming.org