

# 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](http://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](http://www.cdc.gov/healthyswimming)

**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
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# Healthy Swimming

**Protect Yourself  
and Your Family  
Against  
Recreational  
Water Illnesses**





**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.

**FOR MORE INFORMATION, VISIT [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming)**

# 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.

