

## Healthy Swimming 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.

You're thinking chlorine kills germs? Yes...but it doesn't work right away.  
It takes time.

In fact, even the best maintained pools can spread illness.

Think Healthy,

Be Healthy,

Swim Healthy!



## Remember the Other Classic “P-L-E-A-S” 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  
[www.healthyswimming.org](http://www.healthyswimming.org)



Healthy Swimming  
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Protect Yourself &  
Your Family Against

# Recreational Water Illnesses



## Swimming... Same Tradition- New Information

### WHAT ARE RECREATIONAL WATER ILLNESSES (RWIs)?

What is the first thing that pops into your head when you think about water safety? Drowning? Slipping? Lightning? All great answers, and all are very important. But, did you know that germs can contaminate swimming water? These germs cause RWIs that have made many people sick in the past.



RWIs are caused by waterborne germs like “Crypto” (KRIP-toe), *Giardia* (gee-ARE-dee-uh), *E. coli* O157:H7, and *Shigella* (Shi-GE-luh).

### HOW ARE RWIs SPREAD?

RWIs are spread by accidentally swallowing pool water that has been contaminated with fecal matter. How? If someone has diarrhea, that person can easily contaminate the pool. Think about it, pool water is shared by every swimmer and is not sterile.

The great news is that germs causing RWIs are killed by chlorine. However, chlorine doesn't work right away. It takes time to kill germs and some germs like “Crypto” can live in pools for days. Even the best maintained pools can spread illness.

### Three “P-L-E-As” for All Swimmers

Healthy Swimming behaviors are needed to protect you and your kids from RWIs and will help stop germs from getting in the pool in the first place. Here are three “P-L-E-As” that promote Healthy Swimming:


**PLEASE** don't swim when you have diarrhea...this is especially important for kids in diapers. You can spread germs into the water and make other people sick.

**PLEASE** don't swallow the pool water. In fact, try your best to avoid even having water get in your mouth.

**PLEASE** wash your hands with soap and water after using the toilet or after changing diapers. You can protect others by being aware that germs on your body end up in the water.



### Three “P-L-E-As” for Parents with Young Kids



Follow these “P-L-E-As” to protect your child and others from getting sick and to help keep RWIs out of your community:

**PLEASE** take your kids on bathroom breaks 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. We all have invisible amounts of fecal matter on our bottoms that end up in the pool.



**Even the best maintained pools can spread illness.**

For more information visit us at:

[www.healthyswimming.org](http://www.healthyswimming.org)