

# Take Frequent Bathroom Breaks: Keep Pee and Poop Out of the Pool!



Pee mixes with chlorine to make chemicals that cause red, stinging eyes and coughing. Poop can contain germs that get in the water and cause diarrhea if swallowed.

***Chlorine doesn't kill germs instantly!***

For more information, visit [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming)



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