

Six Steps of Healthy Swimming

Protection Against Recreational Water Illnesses (RWIs)

YOU CAN CHOOSE TO SWIM HEALTHY!

Healthy Swimming behaviors will help protect you and your kids from RWIs and help stop germs from getting in the pool in the first place.

Here are six steps that promote Healthy Swimming:

Three Steps for All Swimmers

Keep germs from causing illnesses (RWIs) at the pool:

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

PLEASE don't swallow the 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.

Three Steps for Parents of Young Kids

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 spread in and around the pool.

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



For more information, go to www.cdc.gov/healthyswimming