

**RECREATIONAL
WATER ILLNESSES****RECREATIONAL
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Recreational water illnesses (RWIs) are caused by swimming in water contaminated with germs like *Cryptosporidium* (KRIP-toh-spor-id-e-um), *Giardia* (gee-ARE-dee-uh), *E. coli* O157:H7, and *Shigella* (Shi-GE-luh). RWIs can be spread when swimming in water that has been contaminated when feces (poop) is accidentally swallowed. Healthy swimming behaviors are needed to protect you from RWIs and will help stop germs from getting in the pool or lake in the first place. Here are three PLEAs that promote healthy swimming:

PLEASE don't swim when you have diarrhea.

PLEASE don't swallow the pool or lake water.

PLEASE wash your hands with soap and water after using the toilet and before you get back into the water.

For more information, visit
www.cdc.gov/healthyswimming.

www.cdc.gov/ncidod