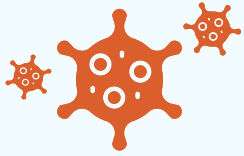


# MAKE A HEALTHY

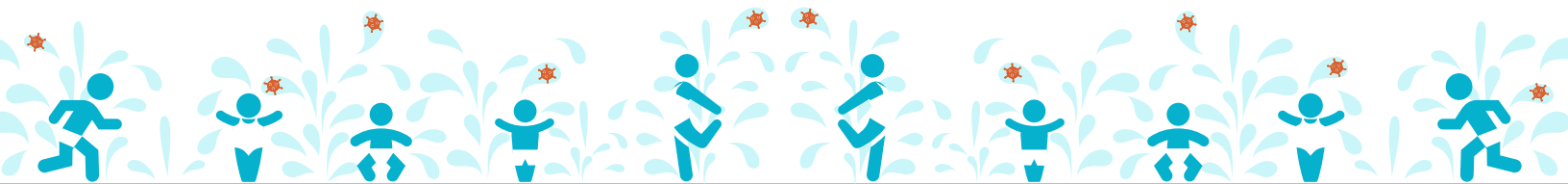
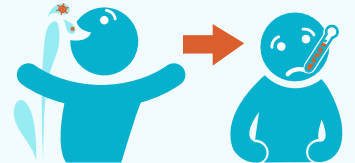
# SPLASH!

Swallowing water at splash pads (also known as water playgrounds and spray pads/parks) can make you sick.



Germs can get into the water from poop or when they rinse off a person's body or splash pad surfaces.

Swallowing water containing germs can make you sick with diarrhea.



## KNOW BEFORE YOU GO:

- Sprayed water typically gets drained, filtered, and disinfected before being sprayed again.
- Chlorine kills most germs within a few minutes, **not** instantly.
- Swim diapers don't stop germs, poop, or pee from getting in the water.

**Keep germs, poop, and pee OUT of the water.**



### DO:

- Stay out of the water if you are sick with diarrhea.
- Shower before getting in the water.
- Take kids on bathroom breaks or check diapers every hour.



### DON'T:

- Swallow the water.
- Let water go up your nose.
- Poop or pee in the water.
- Sit or stand on the jets. Sitting or standing on jets can rinse poop off your rear end.



[www.cdc.gov/healthy-swimming](http://www.cdc.gov/healthy-swimming)