

Can You Read This?

Swimming when you have diarrhea can spread germs in the water and make other people sick.



GOT

$\frac{200 \text{ FT.}}{61 \text{ m}}$

1

DIARRHEA?

$\frac{20}{100}$

$\frac{100 \text{ FT.}}{30.5 \text{ m}}$

2

D O N ' T

$\frac{20}{70}$

$\frac{70 \text{ FT.}}{21.3 \text{ m}}$

3

S W I M !

$\frac{20}{50}$

$\frac{50 \text{ FT.}}{15.2 \text{ m}}$

4

**If you have diarrhea, stay out of the water.
Don't share your germs with other swimmers.**

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



Department of Health and Human Services
Centers for Disease Control and Prevention