

# 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](http://www.cdc.gov/healthyswimming)



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