

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

$\frac{20}{100}$

DIARRHEA?

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

2

$\frac{20}{70}$

D O N ' T

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

3

$\frac{20}{50}$

S W I M !

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

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

