

# Wash Your Hands!

Dirt and germs on your hands end up in the pool.



**Always wash your hands  
before you swim, especially:**

- **After changing diapers**
- **After using the toilet**

For more information, visit [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming)



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

