Pool chemicals kill most germs within minutes, but some live for days.

Here are the microbes and gunk the average swimmer can bring into the water:

- **Hair**: 10 million microbes
- **Spit**: 8 million microbes in a single drop
- **Hands**: 5 million microbes
- **Poop**: 140 billion microbes
- **Nose, mouth, skin**: Billions of microbes
- **Skin products**: Lotions, cosmetics, soaps
- **Sweat**: 1 or 2 soda cans
- **Pee**: 1 cup

A kid brings 10 grams of poop—the weight of 4 pennies—with 10 trillion microbes.

Keep germs out of the water and water out of your mouth.

Learn more at [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming)