SWIMMERS

Pools are great for perfecting your backstroke or relaxing on your favorite float. But they can also spread diarrhea and other illnesses.

Germs don't jump into the water like we do. They surf in on people's bodies.



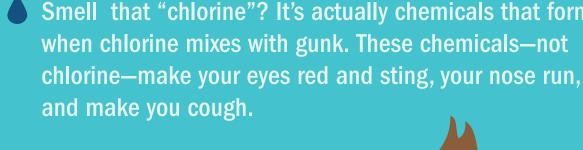
But what about chlorine?

Healthy pools don't have a strong chemical smell

- Pool chemicals kill most germs within minutes, but some live for days.
- chemicals, leaving less available to kill germs. Smell that "chlorine"? It's actually chemicals that form when chlorine mixes with gunk. These chemicals—not

Chemicals also break down pee, poop, sweat, dirt, and

other gunk from swimmers' bodies. But this uses up the





What's in your cannonball?

Microbes are tiny living organisms.
Some microbes are germs that
can make you sick.



10 million microbes

8 million microbes

in a single drop Honds

5 million microbes

Billions of microbes Skin products

Nose, mouth, skin

Lotions, cosmetics, soaps Sweat

1 or 2 soda cans

140 billion microbes

A kid brings 10 grams of poop—

the weight of 4 pennies—

with 10 trillion microbes.



1 cup

you swallow in 45 minutes of swimming: Adults

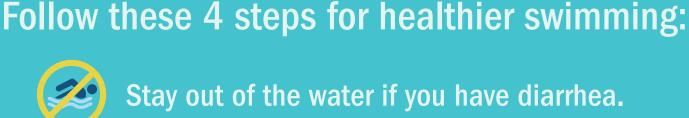
Now think about how much of that same water

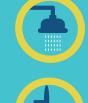
1 tablespoon Kids 1 tablespoon 1/2 tablespoon

That's more than enough to make you sick!

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







Shower before you get into the water.



Don't swallow the water.

Don't pee or poop in the water.

The pool is only as clean as you are!

