Follow these easy steps to help keep germs out of the water and stay healthy:

1. Stay out of the water if you have diarrhea.
2. Shower before you get in the water.
3. Don’t pee or poop in the water.
4. Don’t swallow the water.

Every hour—everyone out!

- Take kids on bathroom breaks.
- Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.
- Reapply sunscreen.
- Drink plenty of fluids.

Remember, we share the water—and the germs in it—with everyone.

Learn more at www.cdc.gov/healthyswimming

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