Sample Social Media Messages

Images to accompany social media messages are available at
www.cdc.gov/healthywater/swimming/materials/buttons-banners.html

Awareness Week – General

- It's Healthy & Safe Swimming Week! Learn how to stay healthy & safe in the water this summer & all year #HSSW https://go.usa.gov/xXqce
- Don't let germs or injury interrupt fun in the water. Learn more during Healthy & Safe Swimming Week #HSSW https://go.usa.gov/xXqce
- Educate yourself & family about the steps of healthy swimming during Healthy & Safe Swimming Week #HSSW https://go.usa.gov/xXqce

Illness prevention

- Don't swim with diarrhea! A single diarrheal incident in the water can add millions of germs go.usa.gov/xXqxD
- Don't swallow the water you swim in! 1 mouthful of water w/ diarrhea germs can make you sick for up to 2–3 weeks go.usa.gov/xXqxD
- Protect kids & other loved ones this summer! Report if you or your child has diarrhea while swimming go.usa.gov/xXqxD
- Diarrhea & swimming don't mix! Don't swim or let your kids swim when sick with diarrhea go.usa.gov/xXqxD
- Chlorine and bromine don't work instantly—some germs can survive for days. Don't drink the water you swim in! https://go.usa.gov/xXqce
- Help keep germs out of pool water! If you have cryptosporidiosis, wait 2 weeks after diarrhea stops before swimming go.usa.gov/xXqxD

Naegleria fowleri (the brain-eating ameba)

- Headed to the lake or river this summer? Learn tips to help prevent Naegleria fowleri (brain-eating ameba) infection go.usa.gov/xXqkM
- Infection with the "brain-eating ameba" is rare but almost always deadly. Learn more before swimming this summer go.usa.gov/xXqkM
- Limiting water going up nose when swimming in lake can help prevent Naegleria fowleri (brain eating ameba) infection go.usa.gov/xXqkM

Harmful Algal Blooms

- Headed to the lake or beach this summer? Learn tips for spotting harmful algal blooms before swimming www.cdc.gov/habs
- Some types of algae are harmful to people & pets. Learn how to protect yourself, family, & pets this summer go.usa.gov/xXq9K
- Swimming in water with harmful algal blooms can cause illness. Learn more before swimming this summer www.cdc.gov/habs

Drowning

- Learn how to stay safe in the water and prevent drowning https://go.usa.gov/xQKV9
- CDC has tips to help you stay safe in the water. Learn more about how you can prevent drowning https://go.usa.gov/xQKV9
- Learn to swim! Formal swimming lessons in children as young as 1 year old can reduce the risk of drowning https://go.usa.gov/xQKV9
- Heading out on the boat? Wear a life jacket! Life jackets can reduce your risk of drowning https://go.usa.gov/xQKV9