

Diarrhea and swimming don't mix!

If you wouldn't do this...



...then why would you do THIS?



Don't swim or let your kids swim if sick with diarrhea!

No one wants to swim with poop. Swallowing even a small amount of water contaminated with diarrhea germs can make someone sick for up to **2-3 weeks**.



Learn more at www.cdc.gov/healthyswimming