SIX Steps for Healthy Swimming

Protection Against Recreational Water Illnesses (RWIs)

RWIs are illnesses caused by germs that can contaminate water in pools. Practice these six steps to protect yourself and others from getting sick. Without your help, even the best-maintained pools can spread germs.

THREE steps for All Swimmers

PLEASE don't swim when you have diarrhea. You can spread germs in the water and make other people sick.

PLEASE don't swallow pool water. Avoid getting water in your mouth.

PLEASE practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

THREE steps for Parents of Young Kids

PLEASE take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.

PLEASE change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can be spread in and around the pool.

PLEASE wash your child thoroughly (especially the rear end) with soap and water before they go swimming. Invisible amounts of fecal matter can end up in the pool.

For more information visit
www.cdc.gov/healthyswimming

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CS209878-A