

# CLEAN SWIMMING WATER



Did you know that most outbreaks related to the water we swim in, especially pools, are caused by diarrhea germs? According to the Center for Disease Control and Prevention (CDC), most outbreaks notified to them are caused by *Cryptosporidium*, *Giardia*, *Shigella*, *norovirus*, and *E. coli O157:H7*. All are diarrhea germs linked to swimming and other water activities. Unfortunately, all are hard to control because bleach does not eliminate them.

Diarrhea and swimming are not a good combination. A swimming pool is the last place a person, whether he/she is an adult or a child, should be if he/she has diarrhea. That is why it is so important not to swim or carry out other water activities or let your children do so if they are ill with diarrhea. The occurrence of just one diarrhea-related accident in the water can release millions of germs. If someone should swallow a sip of water, he/she may have diarrhea for up to 3 weeks.

Consider the following steps when visiting a swimming pool:



**Do not enter the water or allow your children to do so if you or they are sick.**



**Avoid swallowing water.**



**Take a shower before entering the water. A minute under the shower will help you get rid of germs your body may have.**



**Take children to the bathroom.**



**Check diapers and change them in a bathroom or designated area.**

We all share the water we swim in and enjoy. Protect it and protect your friends and family from germs that cause diarrhea.

Important: Do not enter the water or allow your children to do so if you or they are sick.