

Spa User Information: Protect Yourself from Recreational Water Illnesses and Stay HOT!

Heed...spa rules for safe and healthy use.

- Refrain from entering a spa when you have diarrhea.
- Avoid swallowing spa water or even getting it into your mouth.
- Shower or bathe with soap before entering the spa.
- Observe limits, if posted, on the maximum allowable number of bathers.
- Exclude children less than 5 years of age from using spas.
- If pregnant, consult a physician before spa use, particularly in the first trimester.

Observe...and listen to the spa and its surroundings. What should you notice?

- No odor; a well-chlorinated spa has little odor. A strong chemical smell indicates a maintenance problem.
- Smooth spa sides; tiles should not be sticky or slippery.
- Spa equipment is working; pumps and filtration systems make noise and you should hear them running.
- Spa temperature; the water temperature should not exceed 104°F (40°C)
- Check the spa water; test for adequate chlorine (2-5 parts per million) and pH (7.2-7.8) levels. Pool and spa chlorine test strips are available at local home improvement stores, discount retailers and pool supply stores. If you want to practice using them at home, visit: http://www.cdc.gov/healthyswimming/pdf/test_strip_instructions.pdf

Talk...to spa owners/staff and other spa users.

- What was the health inspector's grade for the spa after its last inspection?
- Are chlorine and pH levels checked at least twice per day?
- Are these levels checked during times when the pool is most heavily used?
- Are trained operation staff available during the weekends when the spa is most heavily used?
- What specialized training did the staff take to prepare for working at or operating a spa?
- Learn about RWIs and educate other users and your spa operator.
- Urge your spa management to spread the word about RWIs to spa staff and pool users.

