

Healthy Swimming

Six "PLEAs" for Protection Against Recreational Water Illnesses (RWIs)

PLEASE do not swim when you have diarrhea. You can spread germs in the water and make other people sick.

PLEASE do not swallow pool water. Avoid getting water in your mouth.

PLEASE practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers.

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.

PLEASE wash your child thoroughly (especially the rear end) with soap and water before swimming.



For more information visit:

www.cdc.gov/healthyswimming

