

# Six “PLEAs” for Healthy Swimming

## Protection Against Recreational Water Illnesses (RWIs)

www.healthyswimming.org

### YOU CAN CHOOSE TO SWIM HEALTHY!

Healthy Swimming behaviors are needed to protect you and your kids from RWIs and will stop germs from getting in the pool in the first place. Here are six “PLEAs” that promote healthy swimming.

### Three “PLEAs” For All Swimmers

Practice these three “PLEAs” to stop germs from causing illness at the pool.

**PLEASE** don’t swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.

**PLEASE** don’t swallow the pool water. In fact, avoid getting water your mouth.

**PLEASE** practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

### Three “PLEAs” For Parents of Young Kids

Follow these three “PLEAs” to keep germs out of the pool and your community:

**PLEASE** take your kids on bathroom breaks or change diapers often. Waiting to hear “I have to go” may mean that it’s too late.

**PLEASE** change diapers in a bathroom and not at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.

**PLEASE** wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that end up in the pool.

