

# Healthy Swimming

**Even in the best maintained pools, germs can get in the water and make people sick.**

## **All Swimmers:**

- Don't go in the pool if you have diarrhea
- Don't go back in the pool until 2 weeks after you stop having diarrhea.
- Shower with soap before going in the pool.
- Wash your hands well with soap and water after using the bathroom.
- Don't swallow pool water.

## **Parents with Young Kids:**

- Wash your children well (especially the rear end) with soap and water before they go in the pool.
- Don't allow kids in the pool if they have diarrhea.
- Take your kids to the bathroom often.
- When your child says "*I have to go*" it may be too late.
- Change swim diapers in the bathroom—*not* by the pool.
- Wash hands well with soap and water after changing diapers or using the bathroom.



**Special thanks to the Centers for Disease Control and Prevention  
Healthy Swimming • [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming)**