

# Healthy Swimming

## Practice These Six Steps to Protect Yourself and Others from Recreational Water Illness (RWI)

- **PLEASE** don't swim when you have diarrhea. You can spread germs in the water and make other people sick.
- **PLEASE** don't swallow pool water. Avoid getting water in your mouth.
- **PLEASE** practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- **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. Germs can be spread in and around the pool.
- **PLEASE** wash your children thoroughly (especially the rear end) with soap and water before they go swimming. Invisible amounts of fecal matter can end up in the pool.

## Three Steps for Water Safety

- **PLEASE** keep an eye on your child at all times. Remember, kids can drown in seconds and in silence.
- **PLEASE** use appropriately fitted life jackets instead of air-filled or foam toys (such as "water-wings" or "noodles"). These toys are not designed to keep children safe.
- **PLEASE** use sunscreen with at least SPF 15 and both UVA and UVB protection, and be sure to reapply it after swimming. Just a few serious sunburns can increase the risk of getting skin cancer.

Source: <http://www.cdc.gov/healthywater/pdf/swimming/resources/healthy-swimming-rwi-brochure.pdf>

