CLEAN IT UP, SWIMMERS

Pools are great for perfecting your backstroke or relaxing on your favorite float. But they can also spread diarrhea and other illnesses.

Germs don't jump into the water like we do. They surf in on people's bodies.

But what about chlorine?

Healthy pools don't have a strong chemical smell.

- Pool chemicals kill most germs within minutes, but some live for days.
- Chemicals also break down pee, poop, sweat, dirt, and other gunk from swimmers' bodies. But this uses up the chemicals, leaving less available to kill germs.
- Smell that "chlorine"? It's actually chemicals that form when chlorine mixes with gunk. These chemicals—not chlorine—make your eyes red and sting, your nose run, and make you cough.

POOL CHEMICAL

What's in your cannonball?

Microbes are tiny living organisms. Some microbes are germs that can make you sick.

Here are the microbes and gunk the average swimmer can bring into the pool:

Hair
10 million microbes

Spit
8 million microbes in a single drop

Hands
5 million microbes

Poop
140 billion microbes

A kid brings 10 grams of poop—the weight of 4 pennies—with 10 trillion microbes.

Nose, mouth, skin
Billions of microbes

Skin products
Lotions, cosmetics, soaps

Sweat
1 or 2 soda cans

Pee
1 cup

Now think about how much of that same water you swallow in 45 minutes of swimming:

Adults
1 tablespoon

Kids
$2^{1/2}$ tablespoons

That's more than enough to make you sick!

Keep germs out of the water and water out of your mouth.

Follow these 4 steps for healthier swimming:

- Stay out of the water if you have diarrhea.
- Shower before you get into the water.
- Don't pee or poop in the water.
- Don't swallow the water.

The pool is only as clean as you are!

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/healthyswimming

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