STEPS FOR HEALTHY SWIMMING

Without your help, even properly treated pool water can spread germs.
Pool chemicals don't work right away, and pee, poop, sweat, and dirt use up their germ-killing power.

Protect yourself, your family, and your friends **from germs** in the water.

Follow these **easy steps** to help keep germs out of the water and **stay healthy**:

1. **Stay out of the water if you have diarrhea.**
2. **Shower before you get in the water.**
3. **Don't pee or poop in the water.**
4. **Don't swallow the water.**

Keep the **pee**, **poop**, **sweat**, and **dirt** out of the water.

Every hour—everyone out!

- Take kids on bathroom breaks.
- Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.
- Reapply sunscreen.
- Drink plenty of fluids.

Remember, **we share the water**—and the germs in it—**with everyone.**

Learn more at **www.cdc.gov/healthyswimming**

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