WHAT'S IN YOUR CANNONBALL?

Pool chemicals kill most germs within minutes, but some live for days.

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 water:

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

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

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

Learn more at
www.cdc.gov/healthyswimming

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