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