

STEPS FOR HEALTHY SWIMMING

Protect
yourself
from germs
in the
water



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.

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 swallow the water.

Keep
germs 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.

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