

**HELPFUL HINTS TO REDUCE YOUR CHANCES AND OTHER
POOL USER'S CHANCES OF BECOMING ILL WHILE SWIMMING**

- DO NOT enter the water if you or your child has diarrhea or a communicable disease. People can spread germs in the water even without having an accident.
- DO NOT count on swim diapers or pants to keep fecal matter from leaking into the water. These products are not leak proof.
- DO NOT swallow the water. Swimming is communal bathing. When you are in the water you are bathing with everyone else in the pool and chlorine does not kill all germs.
- DO NOT allow an unsupervised child under 14 years old to swim alone.
- DO NOT allow people's pets or any animals to swim in the pool with you.
- DO NOT swim in the pool if you see maintenance personnel dumping chemicals by hand directly into the pool.
- DO keep an eye on your child at all times; remember children can drown in silence.
- DO wash your hands thoroughly with soap and water after a bowel movement or changing diapers. Germs on the hands end up everywhere, including in the water.
- DO take your child to the toilet for bathroom breaks often, waiting to hear "I have to go" may mean it's too late.
- DO change the diapers in the bathroom, not near the pool. Germs can contaminate surfaces and objects around the water.
- DO wash your child thoroughly, especially his or her bottom with soap and water before swimming. Everyone has invisible amounts of fecal matter on his or her bottom that ends up in the water.
- DO notify the lifeguard if you see fecal matter in the water or if you see persons changing diapers at poolside.
- For more information visit [#https://www.cdc.gov/healthywater/swimming/](https://www.cdc.gov/healthywater/swimming/)