

Six “PLEAs” for Healthy Swimming

Protection Against Recreational Water Illnesses (RWIs)

YOU CAN CHOOSE TO SWIM HEALTHY!

Healthy Swimming behaviors should be practiced to protect yourself and others from RWI. Here are six “PLEAs” that promote healthy swimming.

www.healthyswimming.org

Three “PLEAs” For All Swimmers

Practice these three “PLEAs” to stop germs from causing illness at the pool.

PLEASE don’t swim when you have diarrhea. This is especially important for kids in diapers. You can spread the germs into the water and make other people sick.

PLEASE don’t swallow the pool water. In fact, try your best to avoid even having water get in your mouth

PLEASE practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

Three “PLEAs” For Parents of Young Kids

Follow these three “PLEAs” to keep germs out of the pool and your community:

PLEASE take your kids on bathroom breaks or change diapers often. Waiting to hear “I have to go” may mean that it’s too late.

PLEASE change diapers in a bathroom and not at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.

PLEASE wash your child thoroughly (especially the rear end) with soap and water before swimming. We all have invisible amounts of fecal matter on our bottoms that end up in the pool.



For further information, go to www.healthyswimming.org