



Healthy Swimming

SWIMMING CAN MAKE YOU SICK, SO TO KEEP YOUR FRIENDS & FAMILY HEALTHY AND KEEP GERMS OUT OF THE POOL, REMEMBER THESE SIMPLE RULES:

- ★ **DO NOT SWIM** if you have:
 - diarrhea and/or vomiting
 - a lesion, wound, cut, or scrape that is actively draining
- ★ **WASH YOUR HANDS** with soap and water before eating, using the restroom, and changing diapers.
- ★ **AVOID** swallowing pool water or even getting it in your mouth.
- ★ **DO NOT** change diapers near the pool. They should be changed in the nearest restroom.
- ★ **DO NOT** allow diapered children to swim in the pool. Children who are not potty-trained should swim only in swim diapers/pants... and should be changed frequently!
- ★ **SHOWER** before swimming.
- ★ **TAKE BREAKS.** Taking frequent bathroom breaks with young children reduces the chance of having an accident.
- ★ **DO NOT** allow animals in the pool.

For more information or if you have questions, visit www.cdc.gov/healthyswimming, www.gnrhealth.com, or contact your county environmental health office:

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