

# STEPS FOR HEALTHY SWIMMING

**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.

Protect yourself, your family, and your friends from germs in the water.

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 pee or poop in the water.**

4

**Don't swallow the water.**

Keep the **pee, poop, sweat, and dirt** 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.

Remember, **we share the water**—and the germs in it—**with everyone.**



Learn more at [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming)



U.S. Department of Health and Human Services  
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