

Swimmers:

Help stop disease outbreaks !

Protect yourself and others from germs in the pool!

1. Shower before swimming.

- Wash your child before swimming (especially the rear end!!!).

2. Don't swallow pool water.

- Avoid getting any pool water in the mouth.

3. Don't swim with diarrhea.

- You or your child should wait at least 2 weeks after diarrhea resolves before swimming again.

4. Avoid pool accidents (Report accidents to pool manager).

- Take frequent bathroom pool breaks, change diapers often, and use special swimming diapers for infants.

5. Change diapers in designated areas such as the restroom.

- Changing diapers at the poolside spreads germs!!!

6. Wash Up!

- Wash hands frequently: especially after changing diapers or using the restroom.



For further information on healthy swimming behaviors call your local county health department or visit the Oklahoma State Department of Health Website at:
<http://www.health.ok.gov>