WATERBORNE DISEASE

Waterborne diseases are infections that result from ingesting or having contact with water sources that are contaminated with tiny disease-causing organisms.

If disinfectant levels in pools or hot tubs are not properly maintained, germs can multiply and cause illness.

Lakes, river, and oceans can be contaminated with germs from sewage spills, animal waste, water runoff after a heavy rain, fecal incidents, and germs rinsed off the bottoms of swimmers.

Potentially Contaminated Water Sources	Types	Common Symptoms
Recreational Water ✹ Swimming pools ✹ Hot tubs ✹ Lakes, or rivers ✹ Ponds, or creeks	Cryptosporidium Legionellosis Primary Amebic Meningoencephalitis (PAM)	- Diarrhea -Vomiting - Nausea - Abdominal Pain - Dehydration - Fever - Chills - Headache
Drinking Water ✹ Tap water ✹ Well water	Salmonellosis *E. coli* Giardiasis	

PREVENTION TIPS

Practice Healthy Swimming Behaviors!

- ✓ Do NOT swim when you have diarrhea.
- ✓ Do not swallow water or get water from pools, lakes, rivers, and oceans in your mouth.
- ✓ Shower before swimming.
- ✓ Wash your hands after using the toilet or changing a diaper.
- ✓ Take children on bathroom breaks and change diapers often.

Before you go into the water:

- ✓ Avoid swimming after a heavy rain.
- ✓ Avoid swimming in freshwater when outside temperatures are high and water levels are low.
- ✓ Avoid swimming areas where "No Swimming" signs are posted.
- ✓ Do not swim near storm drains or in other areas that look visibly polluted.
- ✓ Hold your nose, use a nose clip, or keep your head above water when swimming in warm freshwater (lakes, rivers, etc).

Acute Disease Service
Oklahoma State Department of Health
Creating a State of Health

For more information on waterborne illnesses, call or visit us on the web:
(405) 271-4060 http://ads.health.ok.gov