Tips for Healthy Swimming

1. If you have diarrhea, please don’t swim... this is very important for children in diapers.

2. Pool water is not for drinking. Please don’t swallow pool water.

3. Please take your kids on bathroom breaks often.

4. Please change diapers in a bathroom and not at poolside.

5. Please wash your child thoroughly (especially the rear end) with soap and water, before swimming.

6. Please wash your hands with soap and water after using the toilet or after changing diapers.

Following these simple tips will help protect against recreational water illnesses.