

Main Office

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FOR IMMEDIATE RELEASE
Contact: Shannon Lands, PIO
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May 24, 2018

Healthy and Safe Swimming

Swimming is a good way to exercise, just 2.5 hours of water-based (or other forms of) physical activity per week has health benefits for everyone. Each of us plays a role in preventing illnesses and injuries linked to the water we share and swim in, this summer and year-round.

Illnesses caused by the germs in the places we swim:

In 2011–2012 (the last years for which national data are available), 90 outbreaks were linked to swimming; almost half of these outbreaks were caused by *Cryptosporidium* (or “Crypto” for short). Chlorine can kill most germs within minutes at concentrations recommended by CDC and typically required by state and local health departments. But Crypto can survive more than one week at these chlorine concentrations. Diarrheal incidents in the water we share and swim in can easily spread germs and potentially cause outbreaks. Because chlorine and other disinfectants don’t kill germs instantly, it’s important to keep these germs, particularly Crypto, out of the water in the first place and not drink the water we share and swim in, this summer and year round. Other illness associated with swimming pools include: Giardia, Shigella, Norovirus, and E.coli.

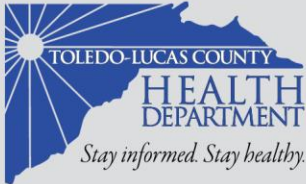
Every swimmer should:

- Stay out of the water if you have diarrhea.
- Shower before you get in the water.
- Don’t pee or poop in the water.
- Don’t swallow 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.



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Drowning:

Every day, two children less than 14 years old die from drowning. Drowning is a leading cause of injury death for children ages 1–4 years.

Keep swimmers safe in the water.

- Make sure everyone knows how to swim.
- Use life jackets appropriately.
- Provide continuous, attentive supervision close to swimmers.
- Know CPR.

Prevent access to water when pool is not in use.

- Install and maintain barriers like 4-sided fencing and weight bearing pool covers.
- Use locks/alarms for windows and doors.

For additional information on Healthy and Safe Swimming, please visit:

<https://www.cdc.gov/healthywater/swimming/>

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