# Safe Summertime Fun!



Swimming, Wading, Splashing are all a part of Summer
fun. But don't let
water play make you sick.

Use Healthy Swimming Habits





**Don't Swim** if you have *had diarrhea* in the past two weeks

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Zachary Thompson, Director Dr. John Carlo, Medical Director **Do Shower** and wash thoroughly with soap and water *before* going into the pool

**Don't swallow** the *pool water* or drink from the spray water faucets.

### STAY SAFE IN THE WATER WIRD SEARCH

Q S C G K W H В K 0 Α E E C W M R T J G W G E S Z N Q Q A K N R K A C I E Q R Ι C C P L H M V M N R A M D D L R M H T P W В R Ι Q A T H N A 0 L M S U K V E S K S S E O R R H Α H F M A N 0 J A Т T Y R U Z K U S H C K W E Y Y A Ι C Y P R P O G E O N 0 W R I D J D K R C R F W G R A N N M U J P R N 0 P Q Y S E I P F R  $\mathbf{Z}$ J G E X  $\mathbf{M}$ A A A H A P 0 I C H R X A S U D H 0 D M V V W T S P В R W A D R U D N C Т E R I A Ι K Ι O P A P O S V E T S A Y D E G A 0 P M X L U F A S H O W E R 0 E N N K N D M G P W X S A N I J E E T K I I P Y F S J P 0 G V T C A R K F Ι U O M R M N Y N J R G В Ι I O E В В L 0 N L P M Y X E T E S T L Z S G I N F E C L L L B R Y L G L R Z I T K L G 0 U H R D W V A W P AMDA D G P E P I X

#### Find the following words:

- Giardia
- Fun
- Ecoli
- Crypto
- Handwashing
- Drinking
- Diarrhea
- Germs
- Spa
- Bacteria

- Splashpark
- Cramps
- Fountains
- Swimming
- Infect
- Swallow
- Norovirus
- Soap
- Healthy
- Shigella

- Sick
- Chlorine
- Spraypark
- Waterpark
- Pool
- Dehydration
- Shower
- Lake
- Play
- Wash

#### Warning

Don't Swim if you have had diarrhea in the past 2 weeks



#### Germs in the Water Can Make You Sick

illnesses (RWIs) Recreational water by swallowing contaminated water from swimming pools, spray parks, and lakes. Germs such as Cryptosporidium (crypto), Giardia, Shigella, norovirus and E. Coli, can be in the water and can make you sick with diarrhea. Remember chlorine doesn't instantly kill germs. Germs can still be spread in the best maintained pools and spray parks.



## Pool Water is NOT Drinking Water!



Why drink the water you *swim* in?



## Keep Our Pools & Spray Parks Safe!

Please don't swallow the pool water. In fact, avoid getting water in your mouth.

Please don't swim when you have diarrhea. You can spread germs in the water and make other people sick.

Please take your kids on frequent restroom breaks or check diapers often.

Please practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers.

Please change diapers in a bathroom or a diaper-changing area and not at poolside.

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

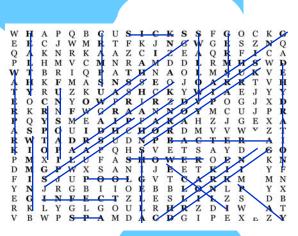
## What To Do If You Get Cripto?

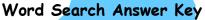
Cryptosporidium can be very unpleasant and have you running to the bathroom for up to three weeks. If you get this nasty bug, or another RWI, here are a few tips to help you feel better:



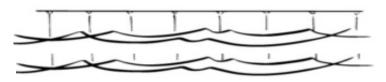
- See your doctor as soon as possible. If your doctor gives you medicine, take as directed and finish the whole prescription.
- DON'T SWIM OR PLAY IN POOLS OR SPRAY PARKS FOR AT LEAST TWO WEEKS AFTER YOU'VE HAD DIARRHEA.
- Make sure you and everyone in your household wash their hands frequently.

H's up to Each of Us









To Keep Our Pools & Water Parks Clean & Safe