

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.