



Keep yourself and others healthy when you swim.

- Do not swim when you have diarrhea. Wait two weeks after diarrhea has stopped before you get in a pool.
- Do not swallow the pool water.
- Take your kids to the bathroom a lot. Check diapers often.
- Change diapers in a bathroom, not by the pool.
- Wash your hands after you use the toilet or change diapers.
- If your child has a bowel movement in the pool, tell staff right away.
- Take a shower with soap before you get in the pool.
- Wash children and babies (be sure to wash their bottoms) before getting in the pool.

For more facts, go to www.phila.gov/health.