

# Healthy Swimming

Six "PLEAs" for Protection Against  
Recreational Water Illnesses (RWIs)



**PLEASE** do not swim when you have diarrhea. This is especially important for kids in diapers.

**PLEASE** do not swallow the pool water.

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

**PLEASE** take your kids on bathroom breaks or check diapers often.

**PLEASE** change diapers in a bathroom and not at poolside.

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



For more information go to: [www.healthyswimming.org](http://www.healthyswimming.org)

