

Six "PLEAs" For Healthy Swimming: Protection Against Recreational Water Illnesses (RWIs)  
You Can Choose to Swim Healthy!

Healthy Swimming behaviors are needed to protect you and your kids from RWIs and will help stop germs from getting in the pool in the first place.

Here are six "PLEAs" that promote Healthy Swimming:

### **Three "PLEAs" for All Swimmers**

Practice these three "PLEAs" to stop germs from causing illness at the pool:  
**Please** don't swim when you have diarrhea. You can spread germs in the water and make other people sick. This is especially important for kids in diapers.

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

**Please** practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

### **Three "PLEAs" for Parents of Young Kids**

Follow these three "PLEAs" to keep germs out of the pool and your community:

**Please** take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.

**Please** change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can spread to surfaces and objects in and around the pool and cause illness.

**Please** wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.