

Healthy Swimming Guide



Kids – Healthy Swimming Questions

FAQs:

Can pool water make me sick?

YES. Even though swimming pool water has chemicals in it, like chlorine, to help kill germs and prevent illness, you can still become sick from pool water. Many people who get sick from pool water get diarrhea (loose poops).

How does the pool water get germs in it?

Germs get into the water many different ways. A common way germs enter the pool water is when people who have diarrhea go swimming or enter the pool. Diarrhea poop can have millions of germs in it that can easily get into the water and make other people in the pool sick.



Can I go swimming if I have diarrhea?

NO. You should not go swimming or enter a pool/water park/water play area if you have diarrhea.

If I was sick with diarrhea how long should I wait before I can go swimming again?

You should wait at least two weeks after you have stopped having diarrhea before you can go back to the swimming pool. By doing this you can make sure that you and your friends are safe from getting sick.

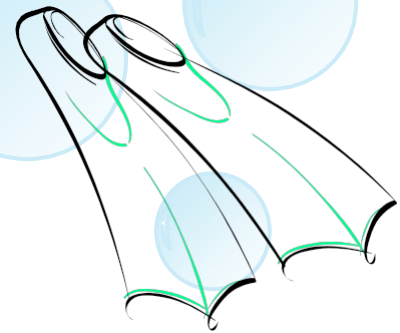
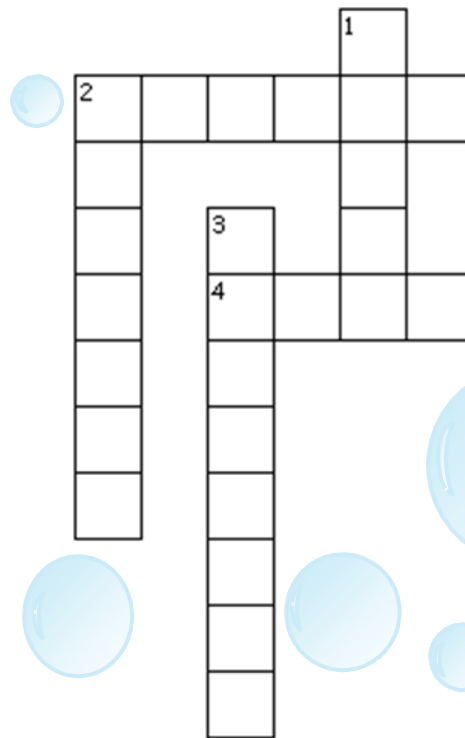
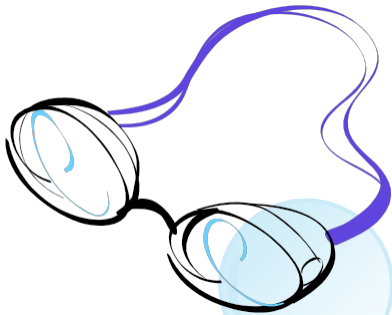
What can I do to avoid getting sick from pool water?

The best way to avoid getting diarrhea is to not swallow the water in the pool. Even swallowing a small amount of pool water that has germs in it can make you sick. You can also do things to make sure that you keep the pool safe for yourself and others.

You should:

- Always shower and wash with soap and water (especially your bottom) before going into the pool.
- Go to the bathroom when you need to and make sure to wash your hands before you leave.

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Across – Fill in the missing letters. Use the numbers to show you where to write the completed word in the boxes that go across.

2. You should always _____ **R** before entering the pool.

4. Always **W**___ your hands after using the bathroom

Down – Fill in the missing letters. Use the numbers to show you where to write the completed word in the boxes that go down.

1. Chlorine does not kill all the **G** _____ that could be in the pool's water.

2. Try not to _____ **W** water while swimming.

3. Don't go **S** _____ if you have diarrhea