

Water Safety Basics

Certain diseases, such as *Cryptosporidiosis* and *Cyclospora*, are transmitted by the spread of germs in water, among other things. A few simple steps will help keep pool and splash water safe.

- Don't swim when you have diarrhea. You can spread germs in the water and make other people sick.
- Don't swallow pool water. In fact, avoid getting the water in your mouth.
- Practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers.
- Take your children on frequent bathroom breaks when at the swimming pool or splash parks.
- Use appropriate swimming diapers on children who wear diapers.
- Check swimming diapers often and change if needed.
- Change diapers in the bathroom or a diaper changing area and not at poolside. Germs can spread to surfaces and objects in and around the pool.
- 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 can get in the pool.



DCHHS
Safe families, healthy lives.

Dallas County Health and Human Services

Zachary Thompson, Director
Dr. Christopher Perkins, Medical Director/Health Authority
2377 N. Stemmons Frwy.
Dallas, Texas 75207
www.dallascounty.org