

HEALTHY & SAFE SWIMMING WEEK

MAY
22-28,
2023



**Got Diarrhea?
Don't Swim!**



www.cdc.gov/healthyswimming

CS39893-A

Don't swallow the pool water you swim in—

**Just one mouthful of pool water that has
diarrhea germs can make you sick.**



Learn more at www.SwimHealthyVA.com

Properly maintain your pool and spa to control the growth of bacteria like *Legionella*, which can cause severe respiratory infections.



Learn more at www.SwimHealthyVA.com



Help prevent germs from getting in the water you swim in.

**Take children take on bathroom breaks and check swim
diapers at least once an hour.**

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