






DON'T LET SUMMER FUN AT THE POOL TURN INTO
A STOMACH-CHURNING NIGHTMARE!



**"CRYPTO & OTHER
WATERBORNE
ILLNESSES CAN RUIN
YOUR SUMMER FUN"**

**STAY SAFE & HEALTHY BY
FOLLOWING THESE SIMPLE RULES:**

-  Never swim if you have diarrhea.
-  Shower using soap before going into the water.
-  Don't swallow the water you play in.
-  Make sure kids take frequent bathroom breaks & check diapers often.
-  Always wash your hands before eating.
-  Always wash kids — especially hands & bottoms — before water play.
-  Never change diapers at waterside — use the bathroom or other designated area.



**REMEMBER,
HEALTHY SWIMMING
IS NO ACCIDENT!**


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