

# "HELP ME FIGHT AND OTHER WATERBORNE CRYPTO ILLNESSES!"



 **Never swim if you have diarrhea.**

 **Shower using soap before going into the water.**

 **Always wash your hands before eating and after using the toilet.**

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



IDAHO DEPARTMENT OF  
HEALTH & WELFARE

Idaho CareLine • IDHW

**2-1-1**

Get Connected. Get Answers.  
Dial 2-1-1 or 1-800-926-2588



**Public Health**  
Prevent. Promote. Protect.