# A MINUTE OF HEALTH WITH CDC

## *Healthy Swimming*

*Healthy Swimming Campaign After a Statewide Outbreak of
Cryptosporidiosis at Recreational Water Venues — Utah, 2008–2009*
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*This program is presented by the Centers for Disease Control and Prevention.*

Staying healthy and safe while swimming isn't just about knowing how to swim; avoiding waterborne diseases is also a priority. Chlorine and other pool disinfectants don't kill germs instantly, so we need to help keep germs out of pools in the first place.

To protect others, shower before you swim and don't get in the water if you have diarrhea. Parents – check diapers every 30 to 60 minutes and change them away from the pool. To protect yourself, avoid swallowing pool water and don't get in the water with open wounds or sores.

If you're not sure whether you're healthy enough to swim, check with your health care provider before heading to the pool.

Thank you for joining us on *A Minute of Health with CDC*.

*For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.*