



A MINUTE OF HEALTH WITH CDC *Your Health, Swimming, and Waterborne Illnesses*

Surveillance for Waterborne Disease and Outbreaks
Associated with Recreational Waters
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This program is presented by the Centers for Disease Control and Prevention.
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Each year, millions enjoy swimming in public pools, lakes, rivers, and the ocean. However the cost of cooling off can be high: a recent CDC report found that during 2003 and 2004 nearly three thousand Americans got sick from water in recreational areas. Diarrhea was the most common illness reported, with most outbreaks occurring in swimming pools, spas, and water parks.

Even though chlorine kills germs that can make people sick, some bugs like the parasite, *Cryptosporidium*, are chlorine-resistant. Protect yourself and others: Never swim if you have diarrhea, don't swallow pool water, always shower before swimming, and with young children, take frequent bathroom breaks and check diapers often.

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

To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.