



A MINUTE OF HEALTH WITH CDC

Swimming Safely

Recreational Water Illness and Injury Prevention Week, May 19-25, 2014

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

In the summertime, families flock to pools for fun and exercise. Almost 4,000 people die from drowning each year in the U.S. Swimming pool drowning rates for black children, teens, and young adults are higher than those of other races and ethnicities.

A few simple steps can help ensure a safe day in the water. Along with close supervision, having basic swimming skills is important to prevent drowning.

You can also get sick at the pool. Chlorine and bromine don't kill germs instantly; most are killed within minutes but some can take days.

Just one person having diarrhea in the water can cause illness in other swimmers. Don't swallow pool water and don't swim when ill with diarrhea.

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.