



A MINUTE OF HEALTH WITH CDC

What's In the Pool?

Recreational Water Illness and Injury Prevention Week – May 20-26, 2013

Recorded: May 28, 2013; posted: May 30, 2013

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

As summer approaches, more and more people will head to the pool. Swimming is a great way to stay physically active, but illness can result if we swallow the water. Most people believe that pool disinfectants kill germs instantly, but it takes a few minutes to kill them and some, like *Cryptosporidium*, can survive for days.

We all share the water we swim in, and each of us needs to do our part. Keep germs out of the water. Shower with soap before you start swimming. Don't swim when you have diarrhea. Parents, take children on bathroom breaks every 60 minutes and check diapers every 30 to 60 minutes.

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.