



## A CUP 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.*

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

As summer approaches, more and more people will head to the pool, but dangers lurk in the form of waterborne diseases.

Michele Hlavsa is a researcher with CDC's National Center for Emerging and Zoonotic Infectious Diseases. She's joining us today to discuss ways to avoid waterborne diseases while swimming. Welcome to the show, Michele.

[Michele Hlavsa] Thank you for having me.

[Dr. Gaynes] Michele, how does someone get sick from swimming?

[Michele Hlavsa] Swimmers can get sick by swallowing germs in the water they swim in. Germs can get into the water when they wash off of swimmers bodies or when swimmers introduce feces into the water.

[Dr. Gaynes] Well, doesn't chlorine kill germs in swimming pools?

[Michele Hlavsa] Yes, you're right, it does, but it doesn't kill germs instantly. It kills most germs within minutes.

[Dr. Gaynes] Are certain people more susceptible to waterborne illness?

[Michele Hlavsa] Well, studies show that young children tend to drink more water while swimming than adults. Because they drink more water, they're more likely to get sick.

[Dr. Gaynes] How can swimmers protect themselves and others from getting sick when swimming?

[Michele Hlavsa] Swimmers can protect themselves by not swallowing the water they swim in. They can protect their family and friends who they share the water with by taking a pre-swim shower, by not swimming while ill with diarrhea, and parents of young children should take their children on bathroom breaks every 60 minutes and check diapers of their children every 30 to 60 minutes.

[Dr. Gaynes] Michele, where can listeners get more information about waterborne diseases?

[Michele Hlavsa] Listeners can go to [cdc.gov/healthyswimming](http://cdc.gov/healthyswimming), one word.

[Dr. Gaynes] Thanks, Michele. I've been talking today with CDC's Michele Hlavsa about ways to avoid getting sick while swimming.

Remember, we all share the water we swim in; 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.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.