HEALTHY SWIMMING HABITS

The Pool is for Having Fun,
Not for Sharing Germs!

1. Do not swim if you have diarrhea.
2. Take a shower with soap and warm water before getting into the pool.
3. Do not swallow pool water.
4. Take regular bathroom breaks.
5. Check child's diaper often.
6. Change diapers in the bathroom.
7. After changing a diaper, wash your child's bottom and your hands thoroughly with soap and water.

UTAH PUBLIC HEALTH
Its for Everybody, Everywhere, Everyday