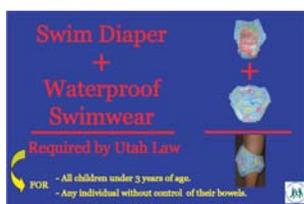


Swimming - Crypto Prevention Messages

The following messages should be taught and reinforced to all swimmers who visit your pool each and every day.

Public health departments have worked together to create various posters and brochures with crypto prevention messages (see bullets below). Electronic (pdf) copies of all the materials are available on this CD ROM or can be ordered by calling the Utah Department of Health at 801-538-6191.

- Don't swim when you have diarrhea.
- Wait two weeks after diarrhea has stopped to go swimming.
- Take a shower with soap & warm water before swimming.
- Children under the age of 3 or any individual that does not have control of their bowels must wear waterproof swimwear and a swim diaper.
- Don't swallow pool water and avoid getting it in your mouth.
- Take bathroom breaks often.
- Check and change diapers often.
- Change diapers in the bathroom and not at the poolside.
- Wash your hands with soap & warm water after using the restroom or changing diapers.
- Wash your child thoroughly (especially the rear end) with soap & water before swimming.



Reaching Pool Patrons with the Crypto Prevention Message

Different groups of people come to use the pool each and every day. Look at who these people are: season pool pass holders, participants in a swim class, daily patrons, large groups or parties that have reserved the facility, etc.

People care about their health, and don't want to swim in a pool that is full of germs. But the only way for that to happen is if those using the pool practice healthy swimming behaviors. The pool operator and staff can only do so much to keep the pool clean and safe. The rest is up to those who use the pool.

Think of ways to get the crypto prevention messages to your pool users. Below are just a few ideas for reaching these different user groups.

1. **Season Pass Holders** -- Educate season pool pass holders. You may choose to begin by educating them first since they may feel more ownership of the facility and want to make the facility as safe as possible.
 - Do season pass holders receive information from your facility when they purchase their pass? If so, make prevention messages a part of that information.
 - Does your facility have a newsletter or brochure that goes out to members? If so include prevention messages in your facility's publications.
2. **Swim Class Participants** -- Educate patrons who come to participate in an organized swimming class.
 - Distribute prevention messages to those who lead or teach swimming classes and ask them to share the messages with class participants.
 - Place prevention messages in class schedule catalogs.
3. **Daily Patrons** -- Educate your daily patrons.
 - Post and distribute posters & brochures with prevention messages around the pool, locker rooms, bathrooms, hallways, and doors that lead to the entrance of the pool area.
 - Regularly announce prevention messages over the facility's PA system.
 - Place prevention messages on the facility's website, newsletters, or other publications.
4. **Large Groups** -- Educate large groups that have reserved the pool or an area of the pool facility. If a group has either reserved the pool/facility or informed you of their plans to get together at your facility, take the opportunity to educate them on healthy swimming practices.
 - Consider implementing a short orientation for larger groups before they enter the pool complex. This is especially important for groups with young children.