

# Healthy Swimming

## Six "PLEAs" for Protection Against Recreational Water Illnesses (RWIs)

**PLEASE** do not swim when you have diarrhea. This is especially important for kids in diapers.

**PLEASE** do not swallow the pool water.

**PLEASE** practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers.

**PLEASE** take your kids on bathroom breaks or check diaper

**PLEASE** change diapers in a bathroom and not at poolside.

**PLEASE** wash your child (especially the rear end) thoroughly with soap and water before swimming.



DURHAM  
REGION  
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DEPARTMENT

Environmental  
Help Line  
905-723-3818 or  
1-888-777-9613  
durham.ca

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