

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
HEALTH
DEPARTMENT

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