



# DCHHS Asks



## Please Help Keep Our Water Safe

**Please don't swim when you have diarrhea. You can spread germs in the water and make other people sick.**

**Please don't swallow the pool water. In fact, avoid getting water in your mouth.**

**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 frequent bathroom breaks or check diapers often.**

**Please change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can spread to surfaces and objects in and around the pool and cause illness.**

**Please wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.**