

WHAT'S IN YOUR CANNONBALL?



Pool chemicals kill most germs within minutes, but some live for days.

Here are the microbes and gunk the average swimmer can bring into the water:

Microbes are tiny living organisms. Some microbes are germs that can make you sick.

Hair

10 million microbes

Spit

8 million microbes in a single drop

Hands

5 million microbes

Poop

140 billion microbes

A kid brings 10 grams of poop—the weight of 4 pennies—with 10 trillion microbes.



Nose, mouth, skin
Billions of microbes

Skin products
Lotions, cosmetics, soaps

Sweat

1 or 2 soda cans



Pee

1 cup



Keep germs out of the water and water out of your mouth.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



Learn more at
www.cdc.gov/healthyswimming