

# Keep the pee, poop, sweat, and dirt out of the water!

Without your help, even properly treated pool water can spread germs.

## Smell that "chlorine"? It's not what you think.

What you smell are actually chemicals that form when chlorine mixes with pee, poop, sweat, and dirt from swimmers' bodies. Yuck! These chemicals—not chlorine—can cause your eyes to get red and sting, make your nose run, and make you cough.

Healthy pools, waterparks, hot tubs, splash pads, and spray parks don't have a strong chemical smell.

## Shower before you get in.

Showering for just 1 minute removes most of the dirt or anything else on your body that uses up pool chemicals.

## Keep the "poo" out of the pool!

Swim diapers and swim pants can hold in solid poop for a few minutes, but they are not leak proof.

Swim diapers and swim pants do **NOT** stop germs or diarrhea from getting into the water.

60  
min

## Every hour—everyone out!

If you're at the pool for the day, build in a break for kids and adults at least every hour.

- Take kids on bathroom breaks.
- Check diapers, and change them in a bathroom or diaper changing area—not poolside—to keep germs away from the pool.
- Reapply sunscreen.
- Drink plenty of fluids.

## Know the pool is safer.

- **See** the bottom of the pool even at the deep end.
- **Smell** little or no chemical odor.
- **Ask** to see inspection results.
- **Use** test strips to check pool chemical levels.

Don't poop or pee  
in the water.

Don't swallow the water.  
Avoid getting it in your mouth.

Stay out of the water  
if you have diarrhea!



Learn more at [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming)