



## **NEWS**

### **Hamilton County Public Health Urges Healthy Swimming Habits**

**HAMILTON COUNTY, OHIO** – As area residents jump into the pool to cool off this summer, Hamilton County Public Health wants everyone to understand the healthy swimming habits that can prevent the spread of recreational water illnesses, specifically Cryptosporidium – commonly known as Crypto.

“There are several simple steps I urge swimmers to take to ensure that everyone has a safe swimming experience this summer,” said Hamilton County Health Commissioner Tim Ingram. “If you visit a pool, please do your part to keep it germ free.”

Swimmers can become infected with recreation water illnesses – like diarrhea – by swallowing, breathing or having contact with contaminated water from swimming pools. Swimmers who are ill may contaminate the water, posing a health risk for the healthy swimmers in the pool.

Chlorine kills most germs over time, but some germs – like Crypto – can survive in chlorinated water up to several days. That is why it is important for pool users to practice healthy swimming habits, including:

1. Do not swim and don't allow children to swim when experiencing diarrhea. You can spread germs in the water and make other people sick.
2. Don't swallow the pool water and try to avoid getting any in your mouth.
3. Practice good hygiene. Shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
4. Take children on bathroom breaks or change diapers often.
5. Change diapers in a bathroom, not poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.
6. Wash your child thoroughly with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that end up in the pool.

More information about healthy swimming is available at [www.hamiltoncountyhealth.org](http://www.hamiltoncountyhealth.org) and [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming).