



PREVENT. PROMOTE. PROTECT.

*Timothy I. Ingram
Health Commissioner*

*250 William Howard Taft Road, 2nd Floor
Cincinnati, OH 45219*

*Phone 513.946.7800
Fax 513.946.7890*

hamiltoncountyhealth.org

Contact: Megan Hummel, Public Affairs Specialist
Phone: 513-946-7808
E-mail: megan.hummel@hamilton-co.org
For Immediate Release: May 12, 2010

NEWS

STAY HEALTHY WHILE SWIMMING THIS SUMMER

National Recreational Water Illness (RWI) Prevention Week May 24 - 30

HAMILTON COUNTY, OHIO – The week before Memorial Day is National Recreational Water Illness (RWI) Prevention Week and Hamilton County Public Health wants everyone to be aware of healthy swimming behaviors, particularly ways to prevent recreational water illnesses. Germs are spread by swallowing or having contact with contaminated water in swimming pools, water parks, hot tubs, interactive fountains, water play areas, lakes, rivers or oceans.

“The best way to prevent recreational water illnesses is to keep germs out of the pool,” said Hamilton County Health Commissioner Tim Ingram. “All swimmers and parents of young children should do their part to maintain the safety of pools and recreational water activities.”

Swimmers can become infected with recreation water illnesses 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 can survive in chlorinated water up to several days. These healthy swimming behaviors are important to remember this summer:

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 and after 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 and www.cdc.gov/healthyswimming.

###