

News Release

FOR IMMEDIATE RELEASE

May 24, 2010

Contact: Peggy Stecklein 515-993-3750

Peggy.stecklein@co.dallas.ia.us

Safe Swimming

May 24 to 30 is National Recreational Water Illness Prevention Week

The week before Memorial Day (May 24 to May 30, 2010) is National Recreational Water Illness (RWI) Prevention Week, a week designated to raise awareness about healthy swimming.

RWIs are caused by germs that are spread by swallowing, breathing in mists of, or having contact with contaminated water in pools, water parks, hot tubs, fountains, water play areas, lakes, rivers and other bodies of water. "Prevention is the key," said Dallas County Environmental Health Director, Ted Trewin. "Both professionals and the public must work together to keep swimming waters safe." Public pool operators and residential pool owners can protect themselves and swimmers by following these steps:

- Test the water frequently and maintain water quality within the recommended ranges.
- Maintain a clean pool environment, both in the public areas and in pool work areas.
- Communicate with pool users to encourage the healthy swimming behaviors below.
- Train pool staff to follow healthy swimming guidelines and to enforce sanitation rules.
- Establish procedures to handle fecal incidents promptly and properly. See the CDC recommendations at www.cdc.gov/healthywater/swimming/.

Swimmers should follow these recommendations to ensure a safe and healthy swimming experience:

- Don't swim when you have diarrhea.
- Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- Wash your children thoroughly (especially the rear end) with soap and water before they go swimming.
- Take your kids on bathroom breaks or check diapers often.
- Change diapers in a bathroom or a diaper-changing area and not at poolside.
- Avoid swallowing pool water.

For more information about healthy swimming, visit www.cdc.gov/healthywater/swimming/

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