

# Healthy swimming

Swimming is a popular low impact activity that is great for improving general health and wellbeing.

While swimming is fun and a great way to stay fit and active, sometimes germs can contaminate the pool water and make people sick.

It's important to remember that you share the pool water with everyone. There are important steps everyone can take to make sure germs that make others sick aren't spread in pool water.



## Good hygiene in the pool

### Where do germs come from?

We all have germs on our bodies which can wash off and contaminate the pool water. We are more likely to carry germs that can make others sick when we are not feeling well. For example, when you have a stomach upset and diarrhoea there are thousands of germs in your faeces (poo) and traces on your bottom. These germs wash off and contaminate the pool when you go swimming.

To keep germs out of the pool it's important not to go swimming when you have diarrhoea. One infection that causes diarrhoea and contaminates pool water is cryptosporidiosis (crypto).

If you have been diagnosed with crypto, do not swim for 14 days after diarrhoea stops. If you have diarrhoea and are unsure of the cause, do not swim for 14 days after diarrhoea stops.



## Steps to healthy swimming

Follow these simple steps to healthy swimming—help keep the pool germ-free and safe for everyone to swim in.

1. **Do not** swim if you have **diarrhoea**.
2. Always shower and wash thoroughly with soap (especially your bottom) before you swim.
3. Always wash your hands with soap after going to the toilet or changing a nappy.
4. Change nappies in nappy change areas only.
5. Avoid swallowing pool water.

## Doesn't chlorine kill all the germs in pool water?

Chlorine is able to kill most germs but it doesn't happen straight away. Some germs, such as crypto, can live in pool water for days.

Without your help even the best maintained pools can spread germs.

## How long should I stay out of the pool?

### Chickenpox

Do not swim for seven days after the rash appears.

### Cryptosporidiosis (crypto)

Do not swim for 14 days after diarrhoea stops.

### Tinea pedis (athletes foot)

Do not swim until a day after treatment is started.

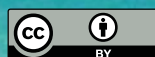
## Tips for parents

1. Keep an eye on your children at all times.
2. Take your children on frequent toilet breaks every hour or check nappies every 30-60 minutes.
3. Change nappies in nappy change areas only. Do not change nappies by the poolside.
4. Non-toilet trained children should wear tight fitting waterproof nappies.



For more information visit:  
[www.health.qld.gov.au](http://www.health.qld.gov.au)

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