

The six "PLEAs" that promote Healthy Swimming: (Clermont County Health District)

Three "PLEAs" for All Swimmers:

Practice these three "PLEAs" to stop germs from causing illness at the pool:

Please don't swim when you have diarrhea or have had diarrhea within the past two weeks. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.

Please don't swallow the pool water. In fact, avoid getting water in your mouth.

Please practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

Three "PLEAs" for Parents of Young Kids:

Follow these three "PLEAs" to keep germs out of the pool and your community:

Please take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.

Please change diapers in a bathroom and not at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.

Please wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.