

provide greater protection against leakage when swimming.

- **Don't swallow the water** and try to avoid getting it in your mouth.
- **Change diapers in a bathroom**, not at the poolside or beach.
- **Shower thoroughly with soap and warm water** before and after swimming and make sure your child does too. Wash your hands after using the toilet or changing diapers.
- **Take your kids on frequent bathroom breaks** and check diapers often. If you hear "I have to go," it may be too late.

For more information

Visit the Clark County Health Department Web site at www.clark.wa.gov/health/environmental/pools/index.html.



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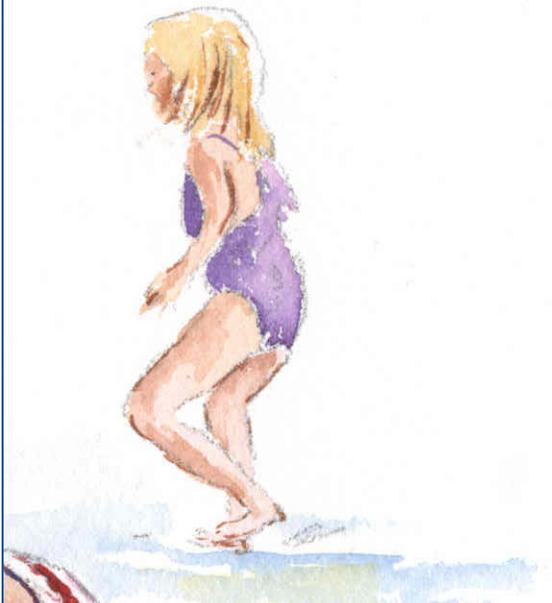
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Swimming safety

**Guidelines for preventing
drowning and recreational
water illnesses**



One of summer's great pleasures is getting into the water – for fun, exercise, or just to cool off. Whether you visit a swimming pool, lake, river, or ocean beach, the Clark County Health Department encourages you to enjoy the water and to review these important water safety tips for children and adults.

Drowning prevention

- **Never leave children unsupervised in or near the water**, even for a minute. Drownings happen swiftly and silently. Don't read a book or engage in other activities while supervising young children. Supervision requires complete attention, even if other adults are present.
- **Keep small children away from ponds**, five-gallon buckets, spas, and wading pools unless they are closely supervised. These water containers can be drowning hazards if not covered, fenced, or drained.



- **Learn how to swim**, and improve your swimming skills.
- **Never swim alone**. Teach children to swim with a buddy and in lifeguarded areas.
- **Wear a lifejacket when swimming in open water** away from lifeguards. Wear a lifejacket while in small boats, rafting, inner tubing, water skiing, or on a personal watercraft. Ensure that children are wearing lifejackets—inflatable toys and mattresses will not keep children safe.
- **Avoid alcohol when swimming**. Alcohol is a major contributing factor in many drowning deaths.
- **Avoid swimming in potentially dangerous areas** such as fast flowing rivers or ocean beaches with riptides.
- **Don't dive into shallow water** or unfamiliar swimming holes.
- **Limit your time in cold water**.



Preventing recreational water illnesses

Recreational water illnesses (RWI) are spread by swallowing, breathing, or having contact with contaminated water. Symptoms may include skin, ear, respiratory, eye, and wound infections. The most commonly reported RWI is diarrhea, caused by a variety of germs. It is easily spread by swimmers and waders who have diarrhea, even those who think they won't spread anything. Here are some tips for preventing water contamination and avoiding illness:

- **Don't swim when you have diarrhea**. This is especially important for children in diapers.
- **Make sure young children wear reusable swim diapers** or tight-fitting plastic pants over their diapers to