

## Steps to Healthy Swimming

1. Don't swim if you have had diarrhoea in the last two weeks
2. Do shower and wash thoroughly with soap before entering the pool
3. Don't swallow pool water as it may contain germs

## Did you know?

Infants who are not toilet trained are most likely to spread germs in the pool. **TO AVOID THIS HAPPENING**

1. Make sure they use the toilet before entering the pool and wear tight fitting waterproof pants at all times
2. Change nappies regularly – not beside the pool but in the change rooms
3. After changing the nappy throw out the waste in the bin provided and wash your hands thoroughly with soap.

For more information contact your local Council and speak to an Environmental Health Officer, or contact Sydney West Centre for Population Health on 02 9840 3603 (Parramatta Office) or 02 4734 2022 (Penrith Office).