

# STEPS TO Healthy Swimming



**DON'T**

swim if you have had diarrhoea in the past two weeks



**DO**

shower and wash thoroughly before entering the pool



**DON'T**

swallow the pool water as it may contain germs

[www.health.nsw.gov.au/healthy-swimming](http://www.health.nsw.gov.au/healthy-swimming)

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