



**FOR IMMEDIATE RELEASE**  
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### **Health District offers healthy swimming tips**

**LAS VEGAS** – With Memorial Day just a few days away, the Southern Nevada Health District reminds Valley residents and visitors about safe swimming practices during National Recreational Water Illness Prevention Week (RWI), May 24-30. The national observance seeks to educate the community about ways to prevent recreational water illnesses. Visit the health district's website, [www.SNHD.info](http://www.SNHD.info) for information about recreational water illnesses and prevention tips.

Recreational water illnesses are spread by swallowing, breathing in or having contact with contaminated water from swimming pools, spas, lakes, rivers or oceans. They can cause a variety of symptoms including skin or eye infections, respiratory infections or even wound infections. The most common illness is diarrhea.

Swimmers who are ill with diarrhea can easily contaminate large pools or waterparks. In addition, lakes, rivers, and the ocean can be contaminated by sewage spills, animal waste and water runoff following rainfall. Some common germs can also live for long periods of time in salt water.

Pool inspections play an important role in maintaining appropriate levels of disinfectant and pH to keep pools clean and safe, however, swimmers are also encouraged to follow guidelines to keep germs from spreading and to enjoy the many health benefits swimming offers:

- 1. Do not swallow pool water*
- 2. Do not swim if you are ill with diarrhea*
- 3. Shower with soap before swimming, wash your hands after using the restroom or changing diapers*
- 4. Take children on regular bathroom breaks and/or check diapers often*
- 5. Change diapers in a restroom or diaper-changing area, not at poolside*
- 6. Wash children thoroughly (especially their buttocks) with soap and water before they go swimming*

Additional information about recreational water illnesses and prevention is available at the Center for Disease Control and Prevention's Healthy Swimming website at [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming), the Environmental Protection Agency's beaches website [www.epa.gov/beaches](http://www.epa.gov/beaches)

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Health District offers healthy swimming tips – add one

The health district also reminds parents and caregivers to practice the A, B, C & D's of drowning prevention:

- A Adult supervision, it is recommended that a parent is within arm's length when children are in a pool, bathtub or other water sources*
- B Barriers to the pool, such as fences or gate alarms*
- C Classes, such as swimming and CPR courses*
- D Devices such as personal flotation devices, life jackets and rescue tools*

Updated information about the Southern Nevada Health District can be found on Facebook [www.facebook.com/SouthernNevadaHealthDistrict](http://www.facebook.com/SouthernNevadaHealthDistrict), on YouTube [www.youtube.com/SNHealthDistrict](http://www.youtube.com/SNHealthDistrict) or Twitter : [www.twitter.com/SNHDinfo](http://www.twitter.com/SNHDinfo).