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**MEDIA ALERT**

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**SCPHD Reminds the Public to Swim Safely this Summer!**

TWIN FALLS – With summer approaching, South Central Public Health District (SCPHD) would like to remind the public to swim safely and avoid recreational water illnesses.

As people start enjoying the warm days, many of us will take advantage of the local rivers, lakes, and pools for a variety of recreational activities. Every year, many cases of gastrointestinal, skin, ear, respiratory, eye, neurologic and wound infections are caused by exposure to recreational water. SCPHD urges everyone to follow these steps to help reduce the spread of recreational water illnesses:

- Avoid getting water in your mouth when swimming.
- Never swim when you have diarrhea.
- Change diapers in a bathroom or separate area, not on the beach or poolside.
- Always wash your hands after using the restroom/changing diapers and before eating.
- Take your kids on regular bathroom breaks or change diapers often, and use swim diapers. Waiting to hear “I have to go” may mean it’s too late.
- Take a shower before swimming.
- Always rinse off and towel dry after swimming in lakes or rivers.

For more information about swimming safety and recreational water illnesses go to [www.cdc.gov/healthywater/swimming](http://www.cdc.gov/healthywater/swimming).

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