



It Is That Time of Year! Check Out These Health, and Safety Swimming Tips.

Spring/Summer 2013

Recreational Water Illness and Injury (RWII) Prevention Week

Overview:

The week before Memorial Day has been designated National Recreational Water Illness and Injury (RWII) Week May 20-26, 2012, marking the ninth anniversary of this observance.

Each year, RWII Prevention Week focuses on simple steps swimmers and pool operators can take to help ensure a healthy and safe swimming experience for everyone.

What are RWIs?

- Recreational water illnesses (RWIs) are caused by germs spread by swallowing, breathing in mists or aerosols, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers, or oceans. RWIs can also be caused by chemicals in the water or chemicals that evaporate from the water and cause indoor air quality problems. Diarrhea is the most common RWI, and it is often caused by a germ like Crypto (short for *Cryptosporidium*), Giardia, Norovirus, Shigella or E. Coli 0157:H7. Other common RWIs include skin, ear, respiratory, eye, neurologic and wound infections.
- **Children, pregnant women and people with weakened immune systems** are most at risk for RWIs.

Provided By:



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Six Steps for Healthy Swimming: Protection Against Recreational Water Illnesses (RWIs)

Three steps for all swimmers:

- Don't swim when you have diarrhea. You can spread germs in the water and make others sick.
- Don't swallow the pool water. Avoid getting water in your mouth
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing a diaper. Germs on your body end up in the water.

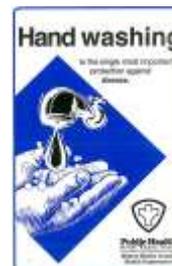
Keep Germs from causing recreational water illnesses (RWIs)

Three steps for Parents of Young Kids

- Take your child on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- Change diapers in a bathroom or a diaper changing area and not at the poolside. Germs can spread in and around the pool.
- Wash your child thoroughly (especially their bottom) with soap and water before swimming. Invisible amounts of fecal matter can end up in the pool.



Keep Germs out of the Pool!



**Prevent Drowning...
Information on Back** →

Resource: <http://www.cdc.gov/Features/RWIs/>

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How can drowning be prevented?

To help prevent water-related injuries:

- **Supervision when in or around the Water.** Designate a responsible adult to watch young children while in the bath and all children swimming or playing in or around water. Supervisors of preschool children should provide “touch supervision”, be close enough to reach the child at all times. Adults should not be involved in any other distracting activity (such as reading, playing cards, talking on the phone, or mowing the lawn) while supervising children.
- **Buddy System.** Always swim with a buddy. Select swimming sites that have lifeguards whenever possible.
- **Seizure Disorder Safety.** If you or a family member has a seizure disorder, provide one-on-one supervision around water, including swimming pools. Consider taking showers rather than using a bath tub for bathing.
- **Learn to Swim.** Formal swimming lessons can protect young children from drowning. However, even when children have had formal swimming lessons, constant, careful supervision when children are in the water, and barriers, such as pool fencing, to prevent unsupervised access are necessary.
- **Learn Cardiopulmonary Resuscitation (CPR).** In the time it might take for paramedics to arrive, your CPR skills could make a difference in someone’s life.
- **Do Not Use Air-Filled or Foam Toys.** Do not use air-filled or foam toys, such as “water wings”, “noodles”, or inner-tubes, in place of life jackets (personal flotation devices). These toys are not designed to keep swimmers safe.
- **Avoid Alcohol.** Avoid drinking alcohol before or during swimming, boating, or water skiing. Do not drink alcohol while supervising children.