

STAY SAFE AND HEALTHY AT WATER PARKS

Recreational water activities are fun ways to stay physically active. However, there are risks of getting sick or injured while swimming.



DO

- DO stay out of the water if you are sick with diarrhea.
- DO shower before getting in the water.
 - When chlorine mixes with dirt, sweat, pee, and poop, there is less chlorine available to kill germs.
- DO take kids on bathroom breaks or check diapers every hour.
 - Change diapers away from the water to help keep germs from getting in.
- DO dry ears thoroughly with a towel when you get out of the water.

DON'T

- DON'T poop or pee in the water.
- DON'T swallow the water.
- DON'T sit or stand on the jets at splash pads.

KEEP
YOURSELF
AND THOSE YOU
CARE ABOUT
SAFE FROM
GERMS



DROWNING

- More children ages 1–4 years die from drowning than any other cause in the United States.
- For children ages 5–14 years, drowning is the second leading cause of unintentional injury death after motor vehicle crashes.
- While children are at highest risk, anyone can drown.

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