

**NEWS RELEASE**  
FOR IMMEDIATE RELEASE  
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### **Sun, fun and Recreational Water Illness awareness**

**(Lawrence, KS)** – Basking in the sun at the local pool or lake is something children and parents love to do during the summer months. But once you enter the water, how safe are you? Did you know chlorine doesn't kill all germs?

Those who swim in lakes and ponds are particularly susceptible to parasites such as cryptosporidium and giardia, which cause diarrhea. Cryptosporidium and giardia can be found in infected people's stool and are not visible to the naked eye. The chlorine-resistant parasites also are protected by an outer shell that allows them to survive long periods of time in water or on surfaces.

Some of the ways you can be exposed or infected are:

- Swallowing contaminated water from pools, hot tubs, Jacuzzis, fountains, lakes and other bodies of water.
- By putting an object in your mouth that may have come into contact with the stool of an infected person or animal.
- By coming in contact with crypto or giardia picked up from solid surfaces (pool lounge chairs, bathrooms, etc.) contaminated with an infected person's feces.

#### **Follow the Six PLEAs for Healthy Swimming:**

- Don't swim when you have diarrhea. You can spread germs in the water and make other people sick.
- Don't swallow the water. In fact, avoid getting water in your mouth.
- Practice good hygiene. Shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- Take children on bathroom breaks or change diapers often. Waiting to hear, "I have to go," may mean that it's too late.

- Change diapers in a bathroom and not at poolside. Germs can spread to surfaces and objects in and around the water and spread illness.
- Wash your child thoroughly (especially the rear end) with soap and water before swimming.

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