



Healthy Swimming

1

Troubled Waters

Germs can be found in places where we swim causing waterborne illness, like diarrhea.

Every day, 10 people drown in the U.S. Drowning is the leading cause of death for children 1-4 years old.



2

Illness



In 2015, more than 100 people in Montana became ill with a waterborne illness like *Cryptosporidium* or *Giardia*.

More than half of them reported swimming in the days before they became ill.

3

Injury

Every year, 20 people drown in Montana, most of them occur in natural waters.

In nearly 60% of drowning deaths of children under 16 years of age supervision was inadequate.



4

Prevention

Avoid distractions like cellphone use and alcohol near water. Be attentive to children at all times.

Know weather, water conditions and swimmer skills before swimming.

Shower before entering water and don't swim when you are ill.

Create barriers around pools and always supervise young children and inexperienced swimmers.

