

A STOMACH-CHURRING



**STAY SAFE & HEALTHY BY FOLLOWING THESE SIMPLE RULES:**

-  Never swim if you have diarrhea.
-  Shower using soap before going into the water.
-  Don't swallow the water you play in.
-  Make sure kids take frequent bathroom breaks & check diapers often.
-  Always wash your hands before eating.
-  Always wash kids — especially hands & bottoms — before water play.
-  Never change diapers at waterside — use the bathroom or other designated area.



**HE'S BAD NEWS!**

**REMEMBER,  
HEALTHY SWIMMING  
IS NO ACCIDENT!**