

STEPS TO

# Healthy Swimming



✓ **DO** shower and wash thoroughly with soap before entering the pool

✓ **DO** ensure infants who are not toilet trained wear tight fitting swim nappies

✓ **DO** ensure infants use the toilet before using the pool and take them for regular toilet breaks

✗ **DON'T** use the pool if you have had diarrhoea in the last two weeks

✗ **DON'T** drink, swallow or put water in your mouth as it may contain germs

✗ **DON'T** change nappies beside the pool, use the change room

For more information please contact your local council or public health unit on **1300 066 055** or visit the NSW Health website at:

[www.health.nsw.gov.au/healthy-swimming](http://www.health.nsw.gov.au/healthy-swimming)

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