

Steps to
**healthy
swimming:**

1 **DON'T**
swim if you
have had
diarrhoea in the past
two
weeks

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

3 **DON'T**
swallow pool water
as it may
contain
germs

For more information please contact your doctor or
local public health unit.

Public Health Units (PHU) in NSW

Sydney Southwest PHU

Camperdown office 9515 9420

Liverpool office 9828 5944

Sydney West PHU

Parramatta office 9840 3603

Penrith office 4734 2022

South Eastern Sydney/Illawarra PHU

Randwick office 9382 8333

Wollongong office 4221 6700

Northern Sydney/Central Coast PHU

Gosford office 4349 4845

Hornsby office 9477 9400

Greater Southern PHU

Albury office 6021 4799

Goulburn office 4824 1842

Wagga Wagga office 6923 5755

Greater Western PHU

Bathurst office 6339 5601

Broken Hill office: (08) 8080 1499

Dubbo office 6841 5569

Hunter/New England PHU

Newcastle office 4924 6477

Tamworth office 6767 8630

North Coast PHU

Lismore office 6620 7500

Port Macquarie office 6588 2750

Website:

[http://www.health.nsw.gov.au/public-health/ehb/
general/pools/publicpools.html](http://www.health.nsw.gov.au/public-health/ehb/general/pools/publicpools.html)

A guide to:
**Clean Pools
for
Healthy
Swimming**



DID YOU KNOW?

Infants who are not toilet-trained are most likely to spread germs in the pool.

To avoid this happening:

1. Make sure they use the toilet before entering the pool and **wear tight-fitting waterproof pants or swimming nappies at all times.**
2. Change nappies regularly – not beside the pool but in the change rooms.
3. After changing the nappy, throw out all the waste and wash your hands thoroughly with soap.

To
enjoy
the pool,
we need your
co-operation

If you have experienced diarrhoea in the past two weeks then please don't go in the pool:

If you do, your germs can make other swimmers sick.

WHAT GERM ARE WE TALKING ABOUT?

Its name is *Cryptosporidium* or 'Crypto' for short.

Crypto causes diarrhoea and vomiting and is resistant to chlorine.

People who have experienced diarrhoea or vomiting in the past two weeks can spread Crypto by swimming in communal pools.

HOW EXACTLY DOES CRYPTO SPREAD?

If a person with Crypto swims in a pool, the water may become contaminated with the germ.

Once the water is contaminated, other swimmers can catch the germ by swallowing the pool water.

CAN CRYPTO ONLY BE SPREAD IN POOLS?

No. It can also be spread by touching infected animals, drinking untreated water from rivers and dams and through physical contact.

Children who have Crypto and aren't toilet-trained can spread the germ fairly easily - particularly if they are in a setting such as a childcare centre.

WON'T CHLORINE KILL ALL GERMS?

Chlorine does kill most germs but it struggles to kill Crypto.

And remember: To help chlorine do its job, the pool must be kept clean – which means you must be clean when you go into the pool.

In other words - the less dirt, grime, oil and urine that gets into the pool, the better.

Tip: Clean
swimmers
help pools stay
clean and healthy!