EVERYONE SHARES THE POOL, DON’T SHARE YOUR GERMS
FOLLOW THE 5 HEALTHY SWIMMING STEPS TO HELP KEEP YOUR POOL CLEAN

Shower and wash with soap before you swim
Wash your hands with soap after going to the toilet or changing a nappy
Change nappies in nappy areas only
Don’t swim if you have diarrhoea
Avoid swallowing pool water

Find out more at www.betterhealth.vic.gov.au