

SIMPLE STEPS TO HEALTHY SWIMMING

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

AVOID SWALLOWING POOL WATER



DON'T SWIM IF YOU HAVE DIARRHOEA

For more information about healthy swimming go to www.betterhealth.vic.gov.au

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.
© State of Victoria, September, 2017. Printed by Dynamite Printing, Dandenong South (1708040)