



Healthy Swimming—What You Should Know!

According to the U.S Census, swimming is the third most popular recreational activity among adults and the most popular activity among children. This should come as no surprise to anyone who has visited a local public pool on opening day!

In the Midwest, summer is pool season, but professional pool operators begin preparations in the spring. The Scott County Health Department would like to encourage residents with private swimming pools and spas to follow in the footsteps of professional operators and begin preparing early for a safe and healthy pool season. Whether you are visiting an area public swimming pool or a private swimming pool owner, it is important to know the steps you can take to keep pool time safe and healthy for everyone.

Prevent Recreational Water Illnesses (RWIs)

RWIs are diseases that are spread by having contact with contaminated water from swimming pools, lakes, and rivers. The most common symptom of a RWI is diarrhea. Diarrheal illnesses are caused by germs such as *Crypto* (short for *Cryptosporidium*), *Giardia*, *Shigella*, norovirus and *E. coli* O157:H7. Do your part to keep germs out of the pool. Here are some tips!

- Do not go in the water if you are sick,

especially if you have diarrhea. You can spread germs in the water and make other people sick. This is particularly true for kids in diapers.

- Take kids on frequent bathroom breaks and check diapers often.
- Change diapers in the bathroom and not at poolside.
- Wash hands with soap and water after using the toilet and changing diapers.
- Do not swallow the pool water. In fact, avoid getting water in your mouth.
- Pool water should be clean and clear. Never use a pool if you cannot clearly see any painted stripes or the pool bottom.
- If you are a pool owner or operator, follow the proper protocols for general disinfection, water contamination and surface contamination. Find information at <http://www.cdc.gov/healthywater/swimming/pools/disinfection-remediation-pools-hot-tubs.htm>



Reduce the risk of pool injury and drowning

Multiple barriers and constant supervision are essential for protecting young children. Pool owners and operators should consider the following:

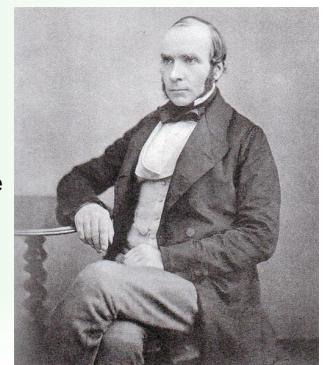
- Assure fencing around the pool perimeter cannot be climbed, squeezed through, or crawled under by children.
- Install self-closing and self-latching gates.
- Use door, gate, or pool alarms whenever possible.
- Install anti-entrapment drain covers that are Virginia Graeme Baker Act compliant.
- Assure pool and spa covers are in working order.
- Train family caregivers in CPR, first aid and emergency response.
- Keep rescue equipment and a phone next to the pool.
- Encourage pool users to learn how to swim or to take swimming lessons.

For more information about accident prevention, go to Safe Kids Web site at <http://www.usa.safekids.org/>

For more healthy swimming information, go to the Center for Disease Control and Prevention Healthy Swimming Web site at <http://www.cdc.gov/healthyswimming/>.

Public Health—Its in the Water!

Water—what does that have to do with public health? Well, actually a lot of things! John Snow is considered to be the father of modern epidemiology—the study of disease and injury patterns and causes. He figured out that cholera was being spread through a contaminated water well pump. Snow's discovery helped to stop the spread of cholera in London in 1854 and started a new way of thinking that has become the basis of public health. Even today, water remains the focus of many public health efforts including water fluoridation, water well testing, septic inspections, restaurant inspections, flood preparedness efforts, pool inspections, and hand washing promotion for disease prevention.



**SCOTT COUNTY
HEALTH DEPARTMENT**

Scott County Administrative Center, 4th Floor

600 West 4th Street

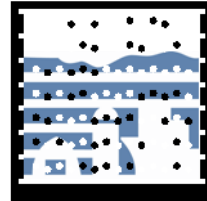
Davenport, Iowa 52801-1030

Phone: 563-326-8618

Fax: 563-326-8774

E-mail: health@scottcountyiowa.com

Web site: www.scottcountyiowa.com/health



MARK YOUR CALENDAR!

- Scott County Board of Health Meeting
Thursday, May 17, 2012; 12:00-1:00 p.m.
*Open to the Public. Location: Scott County
Administrative Center, Board Room-1st Floor*

OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.



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Public Health
Prevent. Promote. Protect.