



Healthy & Safe Swimming: We're in it Together

It was a long cold winter, but warm weather is finally here! Families are heading to local pools for fun in the sun. The Scott County Health Department checks pools prior to opening to assure that safety and sanitation standards are met, and pool operators check their pools daily. But did you know that without your help, illnesses and injuries can happen even at the best-maintained pools?

There is much that you can do to protect yourself and others and have a safe and healthy swimming season.

Prevent Recreational Water Illnesses (RWIs)

Pool water is not drinking water. Remember you share the pool water with everyone. (Think big bath tub!) The most common symptom of an RWI is diarrhea. Diarrheal illnesses are caused by germs like "Crypto", *Giardia*, and *E. coli*. Do your part to keep germs out of pools.

- ☑ **Stay out of the water if you are sick.** A person with diarrhea can contaminate the pool with germs from fecal matter.
- ☑ **Keep pool water out of your mouth.** Swallowing contaminated pool water can make you sick.
- ☑ **Practice good hygiene.** Shower with soap and water before swimming. Wash your hands with soap and water after using the toilet or changing diapers.

- ☑ **Take your kids on frequent bathroom breaks.** Change diapers in a restroom and not at poolside. Wash your children (especially their bottoms!) with soap and water before they go in the water.

Chlorine kills germs, right? So why all the fuss? Chlorine does kill germs, but not right away. It takes time. Some germs, like "Crypto" can live in pools for days.



Stay Safe in the Sun

- ☑ Keep very young children (6 months or less) out of the sun.
- ☑ Apply sunscreens liberally and evenly over all exposed skin (including neck, ears and lips!).
- ☑ Use SPF15 or higher and both UVA and UVB protection whenever you're outdoors. For children, a sunscreen with an SPF 30 or higher is recommended.
- ☑ Apply sunscreen before going outdoors and reapply often.
- ☑ Reapply sunscreen after swimming, perspiring, and toweling off.
- ☑ For people with thin or thinning hair, apply sunscreen to the scalp as well.

Safe Swimming

Drowning is a leading, but preventable, cause of death and injury among children under 5. Even strong swimmers of any age can drown.

- ☑ **Stay Close, Be Alert, and Watch Carefully.** Kids drown in seconds and in silence. Never let them out of your sight, even if the pool has lifeguards. Remember lifeguards are not babysitters. Your precious children are your responsibility. If your kids cannot swim, keep them within an arms reach. Teach children basic water safety skills. Stay away from pool drains, pipes, and other openings. Never swim alone.
- ☑ **Look Around Before You Swim.** Find safety equipment such as life rings and reaching poles. Is the pool water clean and clear? Never go in a cloudy pool if you cannot see the bottom. Check for broken or missing drain covers. Damaged or missing covers can lead to serious injuries or death caused by underwater entrapment.

To learn more about healthy swimming, visit these web sites:

Centers for Disease Control and Prevention
 Healthy Swimming: <http://www.cdc.gov/healthywater/swimming/protection/index.html>.

Iowa Department of Public Health Swimming Pool and Spa program:
<http://www.idph.state.ia.us/SwimmingPoolsAndSpas/Safety.aspx>

Be Aware: Five Types of Entrapment. Learn how to protect yourself and family from danger.

Unsafe pool drains can trap swimmers underwater. Below are pictures of what NOT to do to keep you safe.



1. **Limb entrapment.** Arms or legs can get stuck so they cannot be pulled away, even if the pumps are turned off.
2. **Hair entrapment.** Hair can get entangled in an unsafe drain cover.
3. **Body entrapment.** Any body part that covers a drain can be held down by suction.
4. **Mechanical entrapment.** Fingers, toes, and jewelry or a bathing suit can become entangled.
5. **Evisceration.** Sitting on a suction drain with a broken or missing cover can cause serious injuries or disembowelment.



MARK YOUR CALENDAR!

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM Thursday, June 19, 2014.*

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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