



**Public Health**  
Prevent. Promote. Protect.

## Pool Safety

The heat is on and families are heading out to swimming pools for cool relief. The Scott County Health Department checks public pools before they open to make sure they are safe and sanitary. Pool operators check their pools daily. But did you know there things that you can do to help?

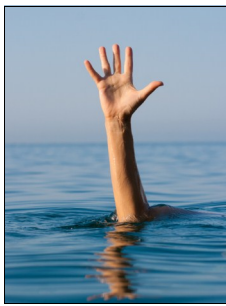


### Prevent Recreational Water Illnesses (RWIs)

### 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 pool.

### Drowning Doesn't Look Like Drowning



Drowning is not the waving, splashing call for help that we expect. Drowning people cannot call for help because they are gasping for air. They cannot control movements to wave their arms. Drowning is silent and occurs in seconds. Even strong

swimmers of any age can drown.

- ☑ **Watch carefully. Stay close and be alert.** Never let children out of your sight, even if the pool has lifeguards. Remember lifeguards are not babysitters. Your children are your responsibility. If your kids cannot swim, keep them within an arm's 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.

### Watch Out For Sharks?

**Not sharks, but Shocks!** Water and electricity do not mix. Faulty underwater lights or worn out wiring can send a shock through the water making a person unable to rescue themselves or call for help.



### What are the signs of electrical shock?



Swimmers may feel a tingling sensation, experience muscle cramps, not be able to move, and/or feel like something is holding them in place. You may see panic behavior or motionless swimmers looking dazed.

### What should you do?

Do not touch any metal. Get out of the water, if you can. Do not go in the water to help a swimmer. Turn off all power and call 911.

### Prevent electrocution.

Make sure all outlets have Ground Fault Circuit Interrupters (GFCIs) - "push to test buttons" - and test them monthly. Keep all electrical cords away from water. Better yet, use only battery power.

### Check underwater lights.

Is the light loose or sticking out? Is there water inside the light fixture? Does it flicker, buzz, or pop? Have an electrician qualified in pool repairs inspect and upgrade your pool for electrical safety. Also, have the electrician check for proper bonding and grounding.

## Summer Safety

Now that the warmer weather of summer has arrived, many people are enjoying more time in the sun; which also means there is an increased need to keep skin safe and protected. The American Academy of Dermatology (AAD) recommends that everyone over 6 months of age use sunscreen. A protective sunscreen should have: broad spectrum protection (protects against both UVA and UVB rays), a Sun Protection Factor (SPF) of 30 or greater, and water resistance. The AAD recommends that sunscreen should be generously applied to all exposed areas of the body 15 minutes BEFORE going outdoors, using an amount equal to "one ounce or enough to fill a shot glass". Sunscreen should then be re-applied every two hours or as indicated on the sunscreen label. To learn more, visit: <https://www.aad.org/media-resources/stats-and-facts/prevention-and-care/sunscreen-faqs>.

Warmer weather also means an increase in mosquitoes. The United States Environmental Protection Agency (EPA) recommends using mosquito repellent as an effective method of mosquito bite protection that should be safe for most people, including children and pregnant or nursing women. The EPA provides the following tips for applying repellent: only apply to exposed skin and/or clothing; do not spray directly on to the face (instead spray the repellent on hands and use the hands to apply to the face; avoid the eyes and mouth); do not apply to cut, wounded, or irritated skin; and wash off the repellent with mild soap and water after returning indoors. To learn more, visit: <http://www.cdc.gov/westnile/faq/repellent.html>.

## Take It Outside!

Spring time is here and summer is right around the next bend in the trail! It is time to "Take It Outside". Scott County Conservation is again offering low-impact, outdoor recreational opportunities that sustain both a healthy environment as well as a healthy body. The natural resource-based activities aim to connect people with nature in a responsible and enjoyable way (not to mention, at low or no cost!).

Do you know how to kayak, shoot archery, or fish? Try our **Kayak Scavenger Hunt** on May 30, our **Archery Basics** on June 6, our **Annual West Lake Park Kids Fishing Clinic** on June 6 or try fishing during **Iowa Resident Free Fishing Days**, June 5-7 ! Any runners, swimmers, or bikers out there? Try the **QC Triathlon** at West Lake Park on June 20 or try the **Bike or Equestrian Trails** at Scott County Park. If these activities sound inviting, you may find details by visiting: <http://www.scottcountyiowa.com/conservation/> and look under the "Events" section or to look up the latest issue of the *W.R.E.N.—Dave Murcia, Naturalist/Director, Wapsi River Center*

## Related Resources:



Visit the U.S. Consumer Safety Products Commission website for more information about :

- Electrical Safety in and Around Pools, Hot Tubs and Spas: <http://www.cpsc.gov//PageFiles/118887/519.pdf>
- Install Ground-Fault Circuit-Interrupter Protection for Pools, Spas and Hot Tubs: <http://www.cpsc.gov//PageFiles/118868/5039.pdf>

## MARK YOUR CALENDAR!

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM Thursday, June 18, 2015.*

### OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

### OUR VISION:

Scott County— A safe and healthy community.

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