



# NEWS RELEASE

Contact: Communications Office  
Elizabeth Harmantzis, Communications Specialist  
[Elizabeth.Harmantzis@wakegov.com](mailto:Elizabeth.Harmantzis@wakegov.com), 919-856-7537  
Communications Office After Hours, 919-857-WAKE  
[wakegov.com/news](http://wakegov.com/news)

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## Stay Healthy During Pool Season

Summer is right around the corner, and Wake County residents will be flocking to local swimming pools to enjoy some fun in the sun.

Pools, waterparks, hot tubs, splash pads and spray parks are great places to exercise, play or relax, but people can get sick if germs contaminate the water. Be sure you know how to protect yourself and your family from germs that may be in the water.

“When you enter the pool, you share the water—and your germs—with every other swimmer,” said Ruth Lassiter, Wake County communicable disease program manager. “Practicing good hygiene is the simplest way to prevent disease.”

Follow these tips to help prevent the spread of illness at pools:

- Stay out of the pool if you are sick. Follow your doctor’s recommendations for how long you should stay out of the water after symptoms stop.
- Shower before you get in the water.
- Take kids to the bathroom every hour.
- Wash your hands with hot, soapy water for at least 20 seconds after using the bathroom.
- Change diapers in the bathroom, not poolside.

- Don't use the bathroom in the water.
- Don't swallow the water.

For more healthy swimming tips, visit the Centers for Disease Control and Prevention's [website](#).

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