



**Public Service Announcement**

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**Prevent Recreational Water Illness  
*Keep Swimming Pools Safe for Exercise and Play***

Jefferson County—Jefferson County Public Health (JCPH) in conjunction with the Colorado Department of Public Health and Environment reminds everyone to practice healthy swimming behaviors this summer to help prevent recreational water illnesses from germs such as *Cryptosporidium* (“Crypto”). Crypto is diarrheal disease caused by a chlorine-resistant parasite, and is primarily associated with treated recreational water venues, such as swimming pools and water parks. The week before Memorial Day has been designated as National Recreational Water Illness Prevention Week, May 18-24, 2009.

The Colorado Department of Public Health and Environment (CDPHE) reported there were 216 cases of Crypto in the state in 2007, nearly a fourfold increase from the 50-60 cases reported each year from 2000 to 2006. Cases were reported from throughout the state.

Public health emphasizes the importance for everyone to do his or her part to prevent recreational water illnesses. Germs on and in swimmers’ bodies end up in the water and can make other people sick. Even healthy swimmers can get sick, but the young, elderly, pregnant women and people with suppressed immune systems are especially at risk.

**Specific actions people should take to promote healthy swimming include:**

1. Do not swim when you have diarrhea;
2. Avoid swallowing pool water or getting pool water in your mouth;
3. Shower before swimming (children too!);
4. Wash hands after using the toilet or changing diapers;
5. take children on frequent bathroom breaks or change diapers often;
6. change children’s diapers in a bathroom, not at poolside.

Recreational water venues are important sites for exercise and leisure. To make this summer’s swimming a healthy experience, everyone is urged to adopt healthy swimming behaviors and help reduce the risk of recreational water illnesses. For more information about recreational water illness prevention and healthy swimming, visit [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming) or call JCPH Environmental Health Services at 303-271-5700. Information is also available off of the JCPH web site: [www.jeffco.us/health](http://www.jeffco.us/health).

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