

Social Media Messages for Safe and Healthy Swimming

- Stay safe from illness when swimming!
<https://www.cdc.gov/healthywater/swimming/swimmers/rwi.html>
- The pool is only as clean as you are!
<https://www.cdc.gov/healthywater/swimming/materials/infographic-clean-it-up-swimmers.html>
- Keep germs out of the water and out of your mouth!
<https://www.cdc.gov/healthywater/swimming/materials/infographic-clean-it-up-swimmers.html>
- Germs, it's what's in your cannonball.
<https://www.cdc.gov/healthywater/swimming/materials/infographic-clean-it-up-swimmers.html>
- Protect yourself from illness when using pools, hot tubs or spas, water parks and splash parks. <https://www.cdc.gov/healthywater/swimming/materials/infographic-make-a-healthy-splash.html>
- Make a healthy splash, don't sit on the jets.
<https://www.cdc.gov/healthywater/swimming/materials/infographic-make-a-healthy-splash.html>
- Poop from swimmers might contain germs. If the germs are swallowed by other swimmers, then they can be infected & become sick.
- Learn how to avoid infections when swimming: <http://go.usa.gov/cuV4W>
- More than 1 in 5 American adults do not know that swimming while ill with diarrhea can potentially make other swimmers sick.
- Do you think that chemicals like chlorine kill germs instantly? Think again! Chemicals kill most germs within minutes, but some live for days.
<https://www.cdc.gov/healthywater/swimming/swimmers/rwi.html>
- Shower before you get in the water.
<https://www.cdc.gov/healthywater/swimming/materials/infographic-clean-it-up-swimmers.html>
- Keep pee or poop out of the water.
<https://www.cdc.gov/healthywater/swimming/materials/infographic-make-a-healthy-splash.html>
- You don't drink the water you bathe in, why would you drink the water you swim in? Don't swallow the water!

- Every hour — everyone out! Take the kids on bathroom breaks, check diapers, reapply sunscreen and drink plenty of fluids.

More sample social messages on water safety available at CDC:

<https://www.cdc.gov/healthywater/swimming/materials/socialmedia-library.html>