



KNOW HOW TO BE **cool at the pool**

**HOW WELL DO YOU KNOW
WATER SAFETY?**

**PLAY AND SWIM SAFE
WITH SIX SIMPLE TIPS:**

**Play it
safe**



DOES YOUR SUNSCREEN HAVE YOU COVERED?

Use waterproof sunscreen with SPF 15 or higher plus UVA and UVB protection. Reapply after swimming.



ARE YOUR KIDS SWIMMING WITHIN SIGHT?

Keep a watchful eye to ensure your kids are playing and swimming safely.



DO YOU KNOW HOW TO TELL IF A LIFEJACKET FITS PROPERLY?

Adult life jackets aren't designed to keep kids safe. Children's life jacket should be worn, fit snugly and not allow the chin or ears to slip through.

**Practice
water
health₂O**



HAVE YOU HIT THE SHOWERS?

Shower with soap before hitting the pool.



HAS EVERYONE TAKEN CARE OF BUSINESS?

Have kids use the bathroom before getting in the water, and use new swim diapers for toddlers. Please don't enter the water if you have diarrhea.



DOES CHLORINE ALONE COUNT?

Even though it's chlorinated, pool water isn't drinking water. Be sure your family keeps pool water out of their mouths.

SOURCES: CENTERS FOR DISEASE CONTROL & PREVENTION, U.S. COAST GUARD BOATING SAFETY DIVISION
FOR ADDITIONAL INFORMATION, GO TO THE CENTER FOR DISEASE CONTROL WEBSITE AT WWW.CDC.GOV/HEALTHYSWIMMING/.

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