

# Healthy swimming - Help keep your pool clean

By following the simple steps to healthy swimming you can make sure you help to keep your pool clean and safe for everyone to swim in.

## Steps to healthy swimming

1. **Do not** swim if you have **diarrhoea**.
2. Always shower and wash thoroughly with soap (especially your bottom) before you swim.
3. Always wash your hands with soap after going to the toilet or changing a nappy.
4. Change nappies in nappy change areas only, do not change nappies by the poolside.
5. Non-toilet trained children must wear tight fitting waterproof nappies.
6. Avoid swallowing pool water.



For more information go to: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

Source: Department of Health

