

Steps to  
healthy  
swimming:

**1** DON'T  
swim if you  
have had  
diarrhoea in the past  
**two**  
weeks

**2**  
DO  
shower and wash  
thoroughly with  
soap  
before entering the  
pool

**3**  
DON'T  
swallow pool water  
as it may  
contain  
germs

For more information please contact your doctor or local public health unit.

**Public Health Units (PHU) in NSW**

**Sydney Southwest PHU**

Camperdown office 9515 9420

Liverpool office 9828 5944

**Sydney West PHU**

Parramatta office 9840 3603

Penrith office 4734 2022

**South Eastern Sydney/Illawarra PHU**

Randwick office 9382 8333

Wollongong office 4221 6700

**Northern Sydney/Central Coast PHU**

Gosford office 4349 4845

Hornsby office 9477 9400

**Greater Southern PHU**

Albury office 6021 4799

Goulburn office 4824 1842

Wagga Wagga office 6923 5755

**Greater Western PHU**

Bathurst office 6339 5601

Broken Hill office: (08) 8080 1499

Dubbo office 6841 5569

**Hunter/New England PHU**

Newcastle office 4924 6477

Tamworth office 6767 8630

**North Coast PHU**

Lismore office 6620 7500

Port Macquarie office 6588 2750

**Website:**

<http://www.health.nsw.gov.au/public-health/ehb/general/pools/publicpools.html>

A guide to:  
Clean Pools  
for  
Healthy  
Swimming



## DID YOU KNOW?

Infants who are not toilet-trained are most likely to spread germs in the pool.

### To avoid this happening:

1. Make sure they use the toilet before entering the pool and **wear tight-fitting waterproof pants or swimming nappies at all times.**
2. Change nappies regularly – not beside the pool but in the change rooms.
3. After changing the nappy, throw out all the waste and wash your hands thoroughly with soap.

To  
enjoy  
the pool,  
we need your  
co-operation

If you have experienced diarrhoea in the past two weeks then please don't go in the pool:

If you do, your germs can make other swimmers sick.

## WHAT GERM ARE WE TALKING ABOUT?

Its name is Cryptosporidium or 'Crypto' for short.

Crypto causes diarrhoea and vomiting and is resistant to chlorine.

People who have experienced diarrhoea or vomiting in the past two weeks can spread Crypto by swimming in communal pools.

## HOW EXACTLY DOES CRYPTO SPREAD?

If a person with Crypto swims in a pool, the water may become contaminated with the germ.

Once the water is contaminated, other swimmers can catch the germ by swallowing the pool water.

## CAN CRYPTO ONLY BE SPREAD IN POOLS?

No. It can also be spread by touching infected animals, drinking untreated water from rivers and dams and through physical contact.

Children who have Crypto and aren't toilet-trained can spread the germ fairly easily - particularly if they are in a setting such as a childcare centre.

## WON'T CHLORINE KILL ALL GERMS?

Chlorine does kill most germs but it struggles to kill Crypto.

**And remember:** To help chlorine do its job, the pool must be kept clean – which means you must be clean when you go into the pool.

In other words - the less dirt, grime, oil and urine that gets into the pool, the better.

Tip:  
Clean  
**swimmers**  
help pools stay  
clean and healthy!