

Pool & Spa HEALTH & SAFETY GUIDANCE

Infectious diseases can be spread by swallowing or having contact with contaminated water from pools.

To help prevent the spread of illnesses, follow these guidelines:

- **Do not swim when you have diarrhea.**
- **Do not swim with an exposed wound.**
- Practice good health habits.
 - **Take a shower** before swimming.
 - **Avoid swallowing pool water** or getting it in your mouth.
 - **Wash your hands** before eating and after using the toilet.

For more information, visit www.publichealth.columbus.gov.



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