

Healthy swimming

Swimming is a popular low impact activity that is great for improving general health and wellbeing.

While swimming is fun and a great way to stay fit and active, sometimes germs can contaminate the pool water and make people sick.

It's important to remember that you share the pool water with everyone. There are important steps everyone can take to make sure germs that make others sick aren't spread in pool water.



Good hygiene in the pool

Where do germs come from?

We all have germs on our bodies which can wash off and contaminate the pool water. We are more likely to carry germs that can make others sick when we are not feeling well. For example, when you have a stomach upset and diarrhoea there are thousands of germs in your faeces (poo) and traces on your bottom. These germs wash off and contaminate the pool when you go swimming.

To keep germs out of the pool it's important not to go swimming when you have diarrhoea. One infection that causes diarrhoea and contaminates pool water is cryptosporidiosis (crypto).

If you have been diagnosed with crypto, do not swim for 14 days after diarrhoea stops. If you have diarrhoea and are unsure of the cause, do not swim for 14 days after diarrhoea stops.



Cryptosporidium has been reported in some aquatic facilities throughout South East Queensland.

The DLISA has initiated a range of special measures to greatly reduce the risk of exposure to crypto.

**Do not swim
for 14 days
after a crypto
diagnosis
or diarrhoea**

The DLISA has developed special Make-up/Lesson Credit Policies to help families during this time. Please contact our friendly Admin Team for details.