



Think Smart Before Jumping In

Pools, oceans, lakes, splash pads, water tables & sprinklers are all great ways to stay cool during the hot summer months. Before diving in, take a moment to review the CDC Let's Make a Healthy Splash flyer ([English](#), [Spanish](#)) and the [NJDOH Waterborne Illness](#) webpage for more information on how to stay cool and healthy!

As waterborne illnesses can be caused by many different germs and toxins, disease symptoms may vary. Diarrhea and vomiting are the most common symptoms, while skin, eye, ear, respiratory, and nervous system problems may also occur. When in doubt, contact your [local health department](#) as some of these illnesses are [reportable](#) to public health.



Prevention Reminders:

- Swimmers should not swallow the water.
- Practice good personal hygiene such as showering before swimming and washing hands after using the toilet or changing diapers.
- Do not enter swimming areas when ill with vomiting or diarrhea.
- Swimmers who are sick with diarrhea should wait at least 2 weeks after they have fully recovered before swimming in a public pool.
- Do not let children ill with vomiting or diarrhea enter swimming areas even if they are wearing swim diapers.
- Children in diapers should have frequent diaper changes, others should be taken on frequent bathroom breaks while swimming.
- Observe posted swimming advisories, stay out of water that is foamy, smelly, or discolored.
- Limit water entering the nose when swimming in warm fresh water.

Let's also keep our athletes healthy this summer and remind them to protect their skin with this informative infographic from the DSH Team- [Athletes Flyer \(English\)](#), [Athletes Flyer \(Spanish\)](#).