

Stay Healthy at the Pool and Beach

Summer is a great time for fun in the water. But recreational waters—including swimming pools, lakes and oceans—can sometimes get contaminated with bacteria and viruses. Contaminated water can make you and your family sick.

Follow these tips to avoid getting sick:

- 1. Shower before and after going into a swimming pool.**
- 2. Stay out of the water if you've had diarrhea in the last 2 weeks to help protect others from infectious germs.**
- 3. Try not to swallow recreational water.**
- 4. Stay out of the water for at least 24 hours after a storm.**
- 5. Always wash your hands before you eat or drink, including after a swim.**



For information on all UT System Living Well programs and resources, visit www.livingwell.utssystem.edu.

Living Well resources are available to all UT SELECT Medical Plan members, free of charge: Employees, dependents, retirees, surviving spouses, and COBRA participants.