



# To protect everyone's health, keep the pool water clean !

## DO NOT GO SWIMMING IF YOU HAVE DIARRHEA

### WHAT IS

### GASTROENTERITIS?

- It is an infection caused by a virus, a bacteria or a parasite.
- Diarrhea can last from a few days to a few weeks.

### WHAT ARE THE SYMPTOMS?

- ☹️ Watery and frequent stools
- ☹️ Stomach cramps or pain
- ☹️ Nausea
- ☹️ Vomiting
- ☹️ Loss of appetite
- ☹️ Sometimes fever

### RESPECT THESE BASIC RULES FOR A HEALTHIER SWIMMING:

- 👐 Shower before you get into the water.
- 👐 Don't pee or poop in the water.
- 👐 Don't swallow the water.
- 👐 If you notice fecal matter or vomit in the water, leave the pool immediately and inform the lifeguard.