Shower Before Swimming

Swimmers, do your part to prevent RWI's (Recreational Water Illnesses). Shower with soap before using the swimming pool or spa.

Did you know?
- The main source of pool water contamination is swimmers.
- One germ can multiply into 20 million in as little as 8 hours.
- When pools are contaminated, it's harder for disinfectant to kill germs. The pool may even have to be closed.

The average swimmer contaminates pool water in the following ways:

- Each active swimmer contributes about 2 pints of sweat per hour.
- Skin infections can shed highly contagious germs.
- Hands shed up to 5 million germs during 1 washing.
- Each nose releases up to 38,000 germs when it is cleared.
- 1 gram of saliva contains up to 1 billion germs.
- Each swimmer carries about 0.14 grams of fecal material, containing millions of germs, under their swim suit. Each child carries up to 10 grams of fecal material.

Keep your germs to yourself – shower first!
Thank you from your fellow swimmers, pool operator, and Spokane Regional Health District’s Water Recreation Program.