Always Shower with Soap

Before Using the Pool or Spa

- 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.
- Hands shed up to 5 million germs during 1 washing.
- Each nose releases up to 38,000 germs when it is cleared.
- Each active swimmer contributes about 2 pints of sweat per hour.
- Skin infections can shed highly contagious germs.
- 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.

THANK YOU from your fellow swimmers, pool operator, and...