

Always Shower with Soap

➔ Before Using the Pool or Spa

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.

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