



## A MINUTE OF HEALTH WITH CDC

### *Safe Swimming*

*Healthy and Safe Swimming Week, May 22-28, 2017*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

As summer approaches, families will be going to local swimming pools and water playgrounds. Unfortunately, there could be germs that spread in the water and cause illness. Most outbreaks linked to pools and water playgrounds are caused by *Cryptosporidium*, also known as Crypto. Crypto is a parasite that causes diarrhea and can survive for days, even in properly chlorinated water. To help protect yourself from Crypto and other diarrhea-causing germs, don't swallow the water you swim in. To help protect *everyone* in the water, don't swim or let your kids swim if sick with diarrhea. Follow these simple steps to help keep you and your loved ones healthy and safe.

Thank you for joining us for a Minute of Health with CDC.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*