



A CUP 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.*

[Dr. Dooling] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Kathleen Dooling.

As summer approaches, families will be going to local swimming pools and water playgrounds. Swimmers can take simple steps to help protect themselves and others from germs that can spread in the water and cause illness.

Michele Hlavsa is a researcher with CDC's National Center for Emerging and Zoonotic Infectious Diseases. She's joining us today to discuss ways to stay healthy while swimming. Welcome to the show, Michele.

[Ms. Hlavsa] Thank you

[Dr. Dooling] Michele, what is the most common cause of outbreaks linked to pools and water playgrounds?

[Ms. Hlavsa] *Cryptosporidium*, or "Crypto" for short. This parasite can survive for days in properly chlorinated pools and water playgrounds. In comparison, most germs are killed within minutes.

[Dr. Dooling] What are the symptoms of Crypto infection?

[Ms. Hlavsa] Crypto can cause diarrhea for up to three weeks in otherwise healthy people, as well as stomach cramps, nausea, and vomiting.

[Dr. Dooling] How does Crypto get in the water and how is it spread?

Ms. [Hlavsa] Crypto gets in pools and water playgrounds when someone who is infected with it has diarrhea in the water. Others can get sick if they swallow the contaminated water.

[Dr. Dooling] What can we do to prevent the spread of Crypto in the water?

[Ms. Hlavsa] The best way to prevent Crypto is to keep it out of the water. To help protect your family and friends in the water we share, don't swim or let your kids swim if sick with diarrhea.

[Dr. Dooling] What else can we do?

[Ms. Hlavsa] To help protect yourself from Crypto, don't swallow the water. Parents of young kids can also make sure kids don't have toys that encourage swallowing water.

[Dr. Dooling] Where can listeners get more information about safe swimming?

[Ms. Hlavsa] Listeners can go to [cdc.gov/healthyswimming](https://www.cdc.gov/healthyswimming).

[Dr. Dooling] Thanks, Michele. I've been talking today with Michele Hlavsa about preventing Crypto outbreaks linked to swimming pools and water playgrounds.

To help protect everyone in the water, don't swim or let your kids swim if sick with diarrhea and don't swallow the water you swim in.

Until next time, be well. This is Dr. Kathleen Dooling for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.