

The Epi Link

It's swimming season!
Here are some healthy swimming tips!

Do not swim or let your kids swim with diarrhea

Do not swim until 24 hours have passed with no diarrhea at all (without help from anti-diarrheal medication). For some illnesses, this may be up to two weeks or more.

Why?

Some of the swimming places may be chlorinated, but the chlorine cannot work instantly on all of the germs in the water. Swimming with diarrhea increases the possibility that another person might ingest the bacteria from the diarrhea.

Take kids on bathroom breaks every 60 minutes.

Why?

Taking children on frequent bathroom breaks helps ensure that there are no accidents in the pool or any other body of water. This allows other people to continue to enjoy the water and cuts down on the spread of germs.

For more information, go to CDC's [Healthy Swimming](https://www.cdc.gov/healthywater/swimming/index.html) page!
<https://www.cdc.gov/healthywater/swimming/index.html>

Do not drink the water you swim in

Instead, drink water from bottles or drinking fountains. Use drinking water or sink water to wash hands before eating, after being outdoors.

Why?

Pool water may hold some germs which the chlorine hasn't killed yet. Natural water sources may have bacteria in them from the surrounding wildlife.

Check diapers every 30 – 60 minutes

Change diapers in a bathroom or diaper changing area.

Why?

This helps a parent be aware when their child needs changing. Using a bathroom or changing area keeps germs away from the water.

Shower before you get in the water.

Do not use the pool to "shower" or "clean" you or your child's body.

Why?

Showering for just one minute can remove most bacteria and other dirt which may be on the skin, keeping it out of the water.

Spotlight: Transmissible Water Parasites

Cryptosporidium (Crypto): Resistant

- Found in water, food, soil, and on infected surfaces. It can be spread from the poop of humans and animals infected with the parasite.
- A patient can shed the infectious part of the organism for up to two weeks after symptoms have ended.
- Patients should wait at least *two weeks* after symptoms end before swimming or going to a splash pad.
- Crypto is highly resistant to chlorine, making it resilient in pools.
- **To prevent:** wash hands and frequently touched surfaces by cleaning with soap and water. Clean any laundry objects soiled with poop thoroughly with hot water. Do not swallow swimming or splash pad water.

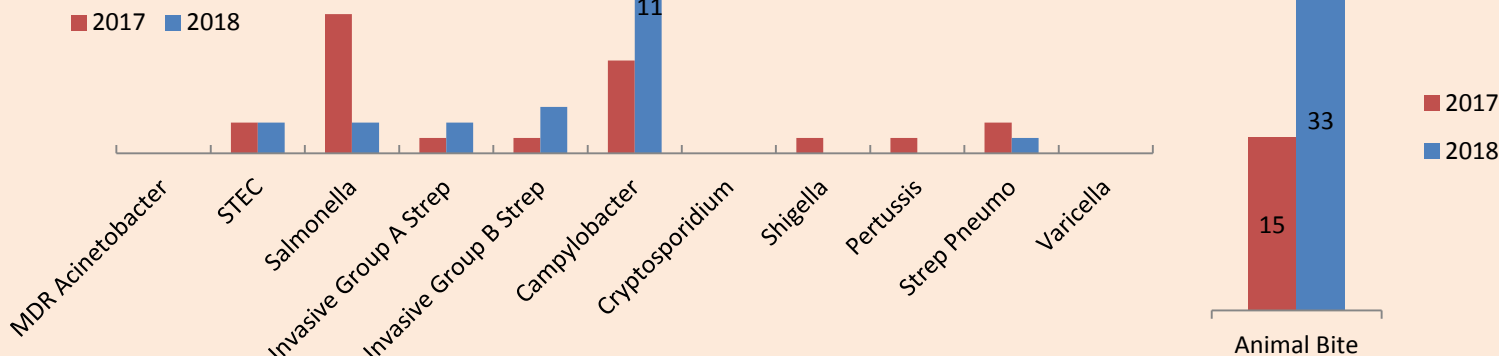
Naegleria fowleri: Rare and Deadly

- An ameba which can cause a fatal brain infection called Primary Amebic Meningoencephalitis (PAM)
- Usually found in slow running, warm, freshwater rivers, lakes, and hot springs.
- Naegleria can be infectious if it enters the body through the nose, not from *drinking* water.
- Symptoms appear in 5 days on average. Death can occur in 5 days on average after symptom onset.
- Very rare: according to CDC.gov, "between 2007-2016 only 40 infections reported in the United States".

For more info: <https://www.cdc.gov/parasites/naegleria/prevention.html#education>
 Crypto: <https://www.cdc.gov/parasites/crypto/factsheets.html>

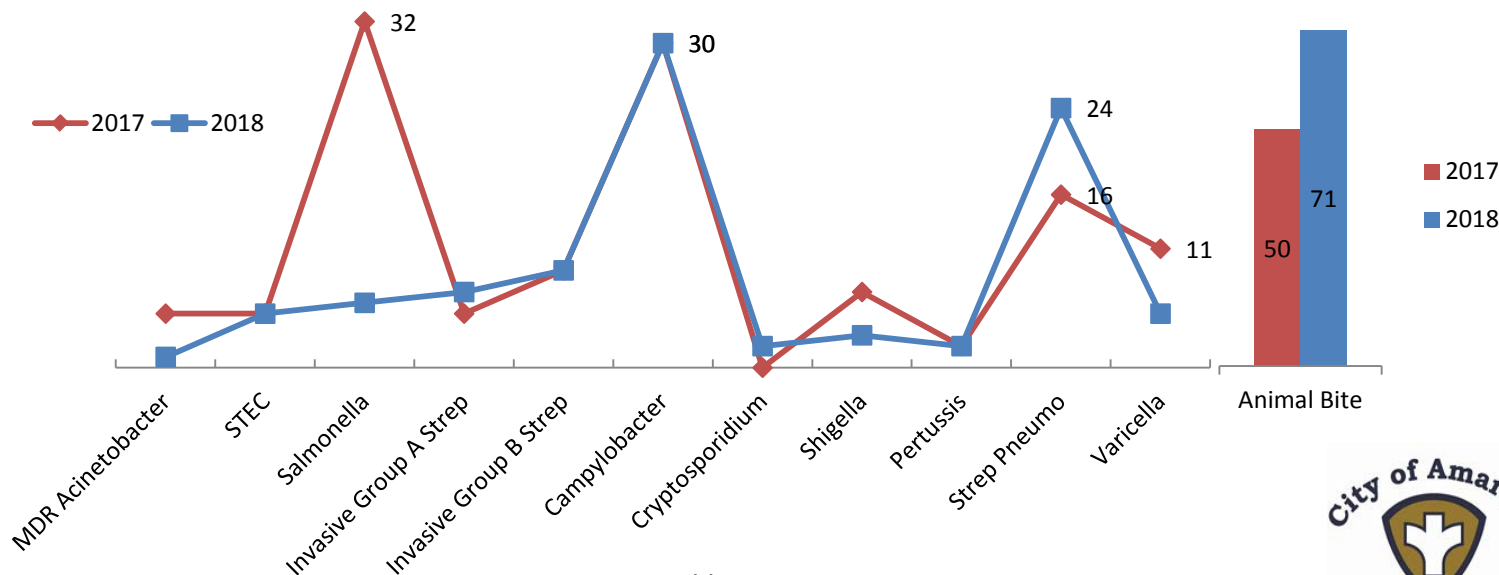
2017 and 2018 May Case Comparison of Selected Illness*

*All data are provisional. All data points without labels are <10 cases.



2017 and 2018 January – May Case Count Comparison of Selected Illness*

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Communicable Disease Reporting
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