

The Epi Link

1. Do not swim or let your kids swim with diarrhea!

Do not swim until 24 hours have passed with NO diarrhea.

2. Don't drink the water!

Drink water from bottles or drinking fountains. Use drinking water or sink water to wash your hands.

3. Check diapers at least every 30 to 60 minutes!

4. Take bathroom breaks at least every 60 minutes!

5. Don't swim dirty!

Do not use the pool to "clean" yourself or your kids!

June and July
ACTIVITY ISSUE!

It's swimming season!

MATCH swim "TIPS" on the LEFT with the "WHY" on the RIGHT!

1. Why?

Taking children on bathroom breaks helps make sure there are no "accidents" in the water. This slows the spread of germs and allows everyone to enjoy the swim or splash.

2. Why?

Showering for just one minute can remove most bacteria and other dirt on the skin, keeping the water cleaner. Also, keep pee, sweat, and blood out of the water!

3. Why?

Pool water may have some germs the chlorine has not killed yet. Natural water sources often have bacteria from wildlife poop...

4. Why?

Chlorinated water cannot kill all the germs instantly. Swimming with diarrhea makes it possible for someone to drink the bacteria from the diarrhea, before the chlorine kills it.

5. Why?

This helps parents know when their child needs changing. Use a bathroom or changing area (instead of just staying next to the pool) to keep germs away from the water!

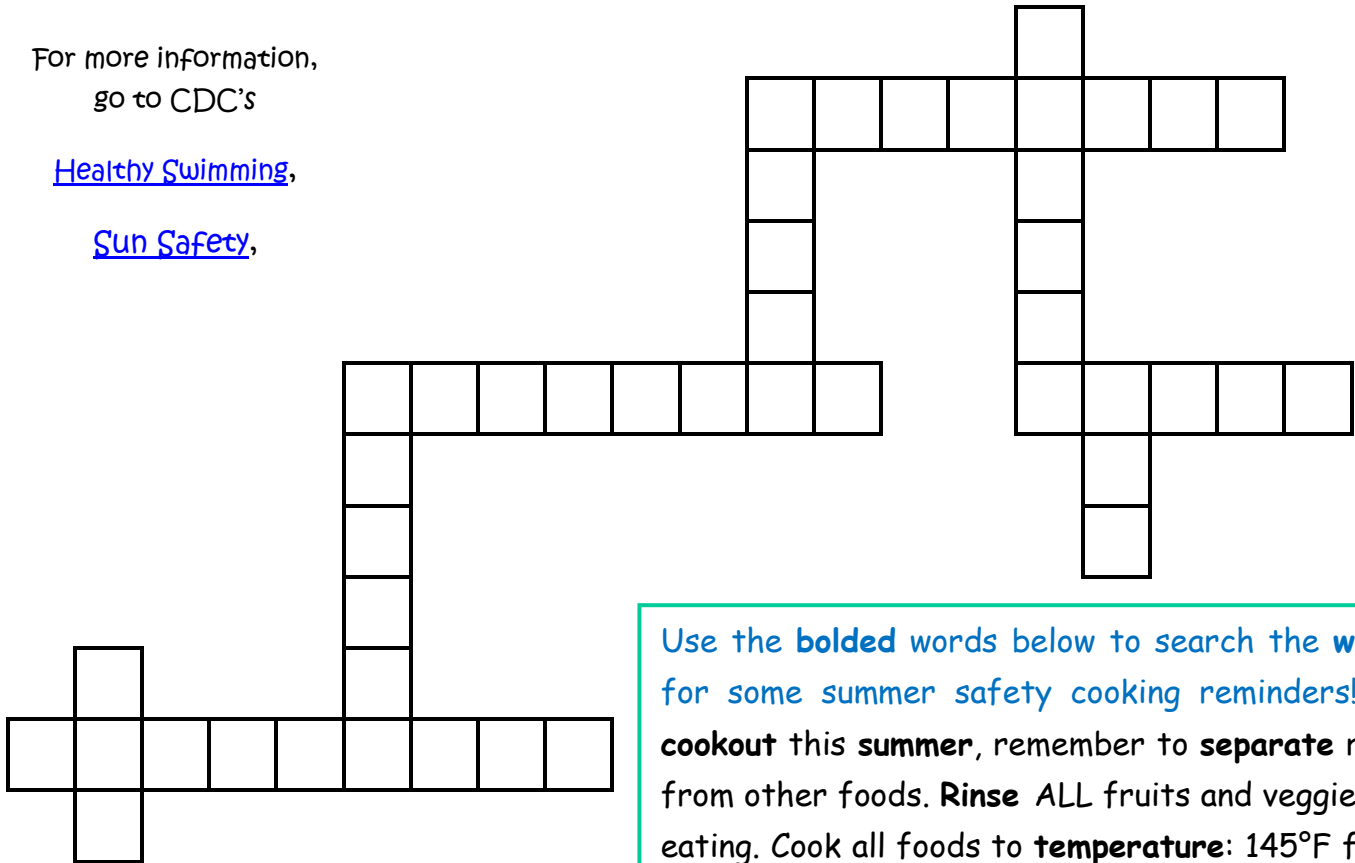
For more information, go to CDC's [Healthy Swimming](#) page!

Use the **crossword puzzle** and the **bolded words** to help you remember some simple steps to swim safe and healthy! Remember to **shower** for at least one minute before **swimming**. Swim **clean** - DON'T SWIM DIRTY. Take **breaks**, especially bathroom breaks. Make sure to keep dirt, blood, pee, poop, and sweat out of the water! All skin shades should apply a **sunscreen** with SPF 15 or higher at least 15 minutes before going into the sun. Remember to wear a **hat** and a long sleeve **cover-up** when in the sun. Stay in the **shade** as much as possible and of course **HAVE FUN!**

For more information,
go to CDC's

[Healthy Swimming,](#)

[Sun Safety,](#)



Use the **bolded words** below to search the **word find** for some summer safety cooking reminders! At the **cookout** this **summer**, remember to **separate** raw meat from other foods. **Rinse** ALL fruits and veggies before eating. Cook all foods to **temperature**: 145°F for whole meat cuts and fish, 160°F for ground meats, 165°F for poultry and leftovers. Remember to let meat **rest!** **Store** perishable food within two hours. **Enjoy!**

T E R U T A R E P M E T R A M A E N E R A R
M O Z S W T E M A I P L R R B E N L P T F I
H C S E P A R A T E K M I E S D J C V K H R
U E X Y I N E S K O L L M M C O O K O U T I
S L A U D I E R O T S O I M A O Y G T F L N
S C V L I R E E J P E R P U L U W N Y Q M S
H P N G T H J P M A B L A S T O R S Z L G E

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

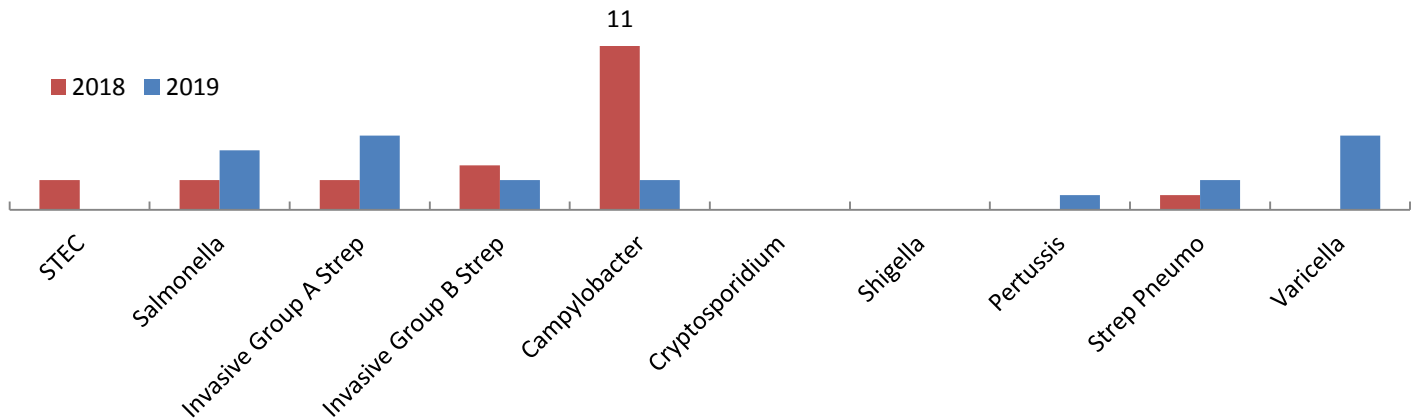
- An ameba which can cause a fatal brain infection called Primary Amebic Meningoencephalitis (PAM)
- Use *nose plugs* when swimming in slow running, warm, freshwater rivers, lakes, and hot springs. *Naegleria* is found in these areas.
- *Naegleria* can be infectious if it enters the body through the 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>

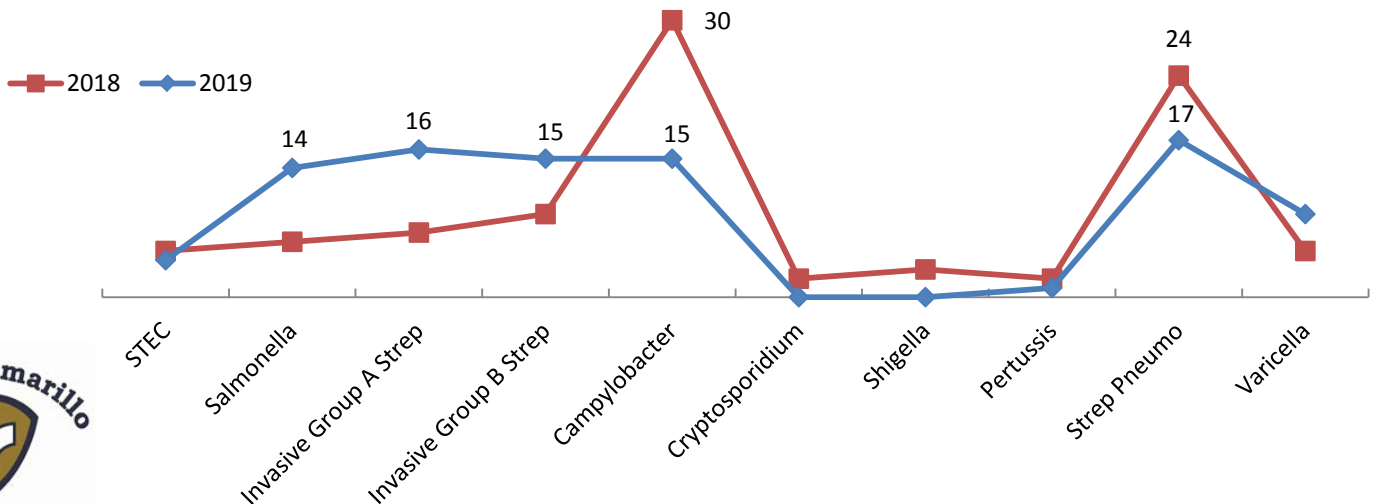
2018 and 2019 May Case Count Comparison of Selected Illness* In Potter and Randall Counties

*All data are provisional. All data points without labels are <10 cases. June numbers will be reported at a later date.



2018 and 2019 January – May Case Count Comparison of Selected Illness* In Potter and Randall Counties

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Prevent. Promote. Protect.