

Healthy Swimming Guide

Bureau of Epidemiology and Disease Control Services
Office of Infectious Disease

WHAT IS RECREATIONAL WATER ILLNESS (RWI)?

A recreational water illness, or RWI, is an illness caused by germs in the water. The germs are spread by swallowing water, breathing in mists or water aerosols, or coming in contact with pool/hot tub water that has germs in it.

WHAT ELSE CAUSES RWIS?

RWIs are also caused by chemicals in the water or chemicals that have evaporated from the water and then cause indoor air problems.

DO SWIM DIAPERS & SWIM PANTS HELP PREVENT THE SPREAD OF RWIS?

Swim diapers & swim pants can only hold so much poop. They are not leak proof and do not keep germs from entering the water. Swim diapers & swim pants should be changed often and in designated changing areas.



WHO IS AT RISK?

EVERYONE!



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WHAT ARE THE SYMPTOMS OF RWIS?

Diarrhea

Hot Tub Rash

Swimmer's Ear

Skin Irritation

Difficulties Breathing

Red, Itchy Eyes

HOW CAN I PREVENT RWI?

Always shower and wash with soap & water before going into a pool



Never go swimming when you are sick with diarrhea



Use bathrooms and changing rooms to change diapers



Make sure the pool's chlorine & pH levels are tested often



Take frequent bathroom breaks and always wash your hands afterwards



Contact



AZ Department of Health Services
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602-364-3676
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Arizona
Department of
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