

Pool of Knowledge

CDC Healthy Swimming Brochure

This color brochure includes six easy steps that all swimmers and parents of young children can follow to protect themselves, their families, and other swimmers from recreational water illness (RWI).

[Click here](#) to order the CDC Healthy Swimming brochure for free.

The brochure is available in [English](#) and [Spanish](#).



Fecal Accident and Vomitus in Public Swimming Pools/Spas

Please read our Technical Bulletin to find out what you should do when a fecal or vomitus accident occurs in public swimming pools or spas.

[Click here](#) for more information



Facts about Giardia and Swimming Pools

Giardia (gee-ARE-dee-uh) is a germ that causes diarrhea. This germ is found in the fecal matter of a person who has been infected by Giardia. It has a tough outer shell that allows it to survive for up to 45 minutes even in properly chlorinated pools.

Giardia is a common cause of recreational water illness (disease caused by germs spread through pool water) in the United States and can cause prolonged diarrhea (for 1-2 weeks).

The Giardia fact sheet is available in [English](#) and [Spanish](#)



Find us on Facebook and follow us on Twitter

County of San Bernardino, Environmental Health Services is on [Facebook](#) and [Twitter](#). Join the conversation about pool safety, foodborne illness prevention, vector control and more.

follow us on
twitter



If you have any questions or comments, please contact Amanda Gaspard, Health Education Specialist, at 800-442-2283 or Amanda.Gaspard@dph.sbcounty.gov.

