

Smart & Healthy Living

Summer Pool Safety

(NAPSA)—Sweltering hot summer days are on the way and there is no better escape than the refreshing water of your swimming pool. But you should be aware of the hidden dangers lurking in recreational water areas,



A healthy attitude toward pool safety and sensible habits can help keep you in the swim.

like waterborne germs that may contaminate the water and cause illness. Reduce your risk of waterborne illness by following these tips from the Georgia-Pacific Health Smart™ Institute:

- Do not swallow pool water! Pathogens in the water like fecal matter may cause waterborne illness when swallowed. Keep your head above water as often as possible and avoid getting water in your mouth.

- Wash your hands after going to the bathroom and changing diapers. Dry hands with disposable paper towels like *Sparkle*® to wipe off and throw away germs before you go into the water.

- Do not let children swim if they have diarrhea. These germs can spread in the water and make others sick.

- Do not change diapers by the pool as germs can spread to pool surfaces and cause illness. After changing, clean kids thoroughly with soap and water and dry them with a disposable paper towel before they enter the pool.

For more information on staying healthy, please call toll-free 1-877-GPCLEAN or log on to www.gphealthsmart.com.