

# THE SHOCKING TRUTH ABOUT SWIMMER HYGIENE

According to a new pool survey, many swimmers are ignoring potential health risks ... and the truth is pretty gross.



## 52%

of adults never shower before swimming

Public health experts say that a one-minute shower **BEFORE SWIMMING** is crucial to help prevent the spread of disease



## 1 IN 5

adults would go swimming within one hour of having diarrhea



## 6 IN 10

adults have swallowed swimming pool water



## 1 IN 4

swimmers admit that they have peed in the pool as an adult

## BUT WOULD YOU EVEN KNOW?

8 IN 10 routine inspections of public pools turned up at least one violation of safety rules



## 63%

of adults have never checked health inspection reports before swimming in a public pool



Adults are more likely to check inspection reports **BEFORE EATING AT A RESTAURANT** than before swimming in a public pool

## BE YOUR OWN POOL INSPECTOR!



Check the health inspection score of your local swimming pool



Order a **FREE** swimming pool test kit at [HealthyPools.org](http://HealthyPools.org)



Use your senses! Check for clear water, clean tiles, and no chemical smell

