

Environmental Wellness Checklist

What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer:



STAY SAFE IN THE WATER

Summer is a great time to go out and have fun in the water. But recreational waters—including swimming pools, lakes, and oceans—can sometimes get contaminated with bacteria and viruses. Swimming in contaminated water can make you and your family sick. But you can take steps to stay safer while playing in the water.

TO STAY SAFER WHILE PLAYING IN THE WATER:

- Shower before and after going into a swimming pool.
- Stay out of the water if you've had diarrhea in the last two weeks to help protect others from infectious germs.
- Try not to swallow recreational water.
- Avoid swimming or playing near places where storm water is released on the beach.
- Stay out of the water for at least 24 hours after a storm.
- Always wash your hands before you eat or drink.