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 swimming.
- ☐ Try not to swallow the water.
- ☐ Never go to the bathroom in the water. Take kids for bathroom breaks and check diapers every hour. Change diapers away from the water.
- ☐ Stay out of the water if you've had diarrhea recently to help protect others from infectious germs.
- ☐ Always wash your hands before you eat or drink.
- ☐ Cover open wounds with waterproof bandages.
- ☐ Don't swim in water that looks murky or has an odor.
- ☐ Stay out of the ocean for at least 24 hours after a storm. Avoid places where storm water is released on the beach.
- ☐ Check for warning signs posted around the area. Ask lifeguards about the water conditions.
- ☐ Check local alert systems. Visit go.usa.gov/xubNw for information on specific U.S. beaches.

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