



## FOR IMMEDIATE RELEASE

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## Make Sure Your Family is Swimming Safely at Pools and Beaches this Summer!

**Eau Claire, WI, August 10th, 2016** – Swimming and other water activities are excellent ways to get the physical activity needed for a healthy life. Just 2.5 hours of fun-filled exercise per week have health benefits for everyone. As you get in the water and get active, be aware of potential swimming dangers like drowning and germs in pools and beaches.

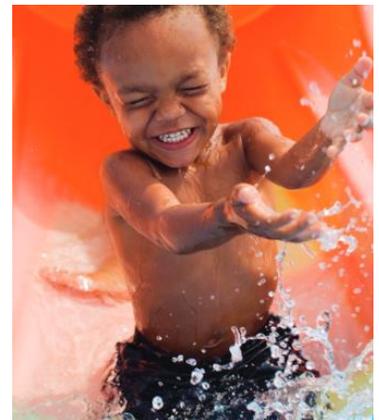
Parents and caregivers play a key role in protecting children from drowning. Kids can drown in seconds and in silence. Every day in the U.S., two children younger than 14 years of age die from drowning. In 2014, drowning was the second leading cause of injury death for Wisconsin children ages 1 to 4 years. To keep swimmers safe, make sure everyone knows how to swim, uses life jackets correctly and caregivers know CPR. When kids are in or near water, closely watch them at all times.

“We all share the water we swim in, and each of us needs to do our part to help keep ourselves, our families, and our friends healthy,” says Shane Sanderson, Director of Environmental Health and Member of the Eau Claire Water Task Force at the Eau Claire City-County Health Department. *Help everyone stay safe and healthy in the water this summer by following the tips below.*

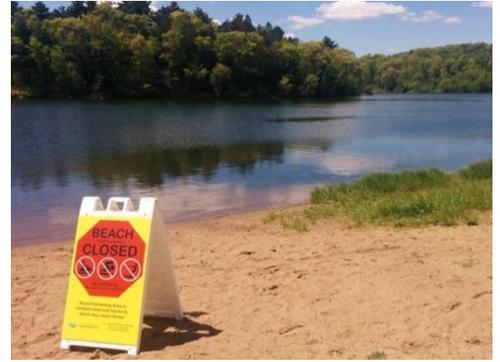
**Healthy Swimming in Pools:** Chlorine and other disinfectants kill most germs within minutes, but some can survive for days. Pee, poop, sweat, and dirt from swimmers’ bodies mix with chlorine and form chemicals that can make eyes red and even bother people with asthma. This mixing can also use up the chlorine, which would otherwise kill germs. To keep pool time fun and healthy, it’s important to keep germs, pee, poop, sweat, and dirt out

### Tips:

- Take kids on frequent bathroom breaks. Every hour---everyone out!
- Stay out of the water if you have an open wound (for example, from surgery or a piercing) that is not covered with a waterproof bandage.
- Shower before you get in the water. Rinsing off for just 1 minute removes most of the dirt or anything else on your body.
- Don’t pee or poop in the water (or swallow it!)



**Healthy Swimming at Local Beaches:** The Health Department's Lab tests bacteria levels at six public beaches each week throughout the summer. *Beaches include: Riverview Park, Big Falls, Half Moon Lake, Lake Altoona, Lake Eau Claire and Coon Fork Beach and Campground.*



Beaches are closed when sampling shows that the level of harmful bacteria is too high. Beaches remain closed until we can recheck bacteria levels and they return to levels. In 2015, there were 15 beach closings in Eau Claire County alone.

Although closings may change your beach day plans, they are for the safety of all beachgoers. Exposure to high levels of bacteria in the water can make you and your family sick.

**Tip: Stay up-to-date on the latest beach safety news:**

- **NEW!** Sign up for beach closing e-notifications at <http://www.ci.eau-claire.wi.us/about-us/sign-up-for-e-notifications>
- Check out our Beach Closings webpage at <http://www.eauclairewi.gov/departments/health-department/public-beaches>
- Like the Eau Claire City-County Health Department on Facebook
- Follow us on twitter @ehealthdept
- Look for our new beach signs displayed at beaches when they are temporarily closed

For more information about beach closings, visit, healthy swimming, visit <http://www.cdc.gov/features/healthyswimming/index.html>

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