WHAT IS GASTROENTERITIS?
➢ It is an infection caused by a virus, a bacteria or a parasite.
➢ Diarrhea can last from a few days to a few weeks.

WHAT ARE THE SYMPTOMS?
➢ Watery and frequent stools
➢ Stomach cramps or pain
➢ Nausea
➢ Vomiting
➢ Loss of appetite
➢ Sometimes fever

DO NOT GO SWIMMING IF YOU HAVE DIARRHEA

RESPECT THESE BASIC RULES FOR A HEALTHIER SWIMMING:
➢ Shower before you get into the water.
➢ Don’t pee or poop in the water.
➢ Don’t swallow the water.
➢ If you notice fecal matter or vomit in the water, leave the pool immediately and inform the lifeguard.

To protect everyone’s health, keep the pool water clean!