

BEWARE WHAT LURKS BENEATH...

Make a Healthy Splash!

With summer upon us, chances are good you may be heading to the beach, pool, or lake to cool off. We often think of sharks as the biggest threat at the beach—and they can be—but all waters have the potential for danger of a different kind: carrying bacteria that can cause illness or disease.

COMMON WAYS THAT SWIMMING-RELATED ILLNESSES ARE CONTRACTED AND SPREAD

Whether you're four or forty, it's hard not to splash and play in the water. However, if you swallow, have contact with, or breathe in water or mists from water contaminated with germs, you can get a swimming-related illness. The most common occurrence of illnesses is diarrhea, though skin, ear, eye, and respiratory infections can also occur. Children, pregnant women, and people who have health issues or weakened immune systems are most at risk for swimming-related illnesses.

Germs found in water usually come from human or animal feces (poop). In addition to people and animals carrying feces into water on their bodies, heavy rains can also wash germs into the water from nearby areas (where animals may live and defecate).

It's important to remember that YOU could bring germs into the water if you are experiencing diarrhea. If you have diarrhea, do not get into the water. If you have small children with you, take them on bathroom breaks every hour to help keep them from using the bathroom while in the water. In addition to checking local resources, you can visit the website of the CDC (Centers for Disease Control) for water quality information for oceans, lakes, and rivers by state.

SWIM-SAFE PRECAUTIONS

Here are some easy ways to help keep yourself and your family safely splashing this summer:

- If you are going to the ocean, a lake, or creek, check online to see if that area is under any advisories for health or safety reasons.
- Look for any signs posted near the swim area; stay out if signs say the area is closed. If so, it's closed for a reason; there may be high levels of germs which make it unsafe.
- If the water has an odor, is discolored, or looks cloudier than usual, you should stay out.
- Do not enter the water if there are any pipes draining into the water.
- If you have open cuts or wounds (including recent piercings), do not go in the water while the wound is healing.
- Don't swallow the water.
- Keep sand away from your (and your childrens') mouths; sand can contain germs as well.
- After swimming, wash your hands for 20 seconds prior to eating food or touching anything that will go in your mouth.
- Dry your ears after you swim.



Source: CDC.gov



Strawberry Watermelon Popsicles



What better way to cool off on a hot day than with an ice-cold popsicle?

What You'll Need

Watermelon (seedless) - 5 cups

Strawberries – 3 cups

Optional: Milk of your choice or 1 cup yogurt

Popsicle molds

Directions

Cut up seedless watermelon heart into small pieces.

Wash and slice strawberries. You can also add other fruits to your taste.

Put all into blender and blend until creamy.

Pour into popsicle molds and freeze.

Enjoy!