

Healthy Swimming Education &

# Activity Book



Swim Safe Arizona

**NO CRYPTO! Protect Our Pools!**

[azhealth.gov/waterborne](http://azhealth.gov/waterborne)



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

## When it is hot outside a great way to cool off is by going swimming!

- Did you know that sometimes there can be tiny germs in the water that can make people sick?
- When people get sick from being in the water it is called a recreational water illness or RWI.
- Germs get into the water when someone who is sick, especially with diarrhea, gets into the water or swimming pool.
- Symptoms of RWIs often include diarrhea, fever, nausea and vomiting.
- Even when it's treated properly with chemicals the pool water can still have germs.
- Cryptosporidium, or Crypto for short, is a germ that can live in chemically treated water for days!
- To keep from getting sick while playing in the water everyone should:
  1. Stay out of the water if you have diarrhea or are feeling sick.
  2. Shower before getting in the water.
  3. Don't pee or poop in the water.
  4. Don't swallow the water.

Remember, Healthy Swimming is everyone's responsibility!

Swim Safe Arizona! Protect our pools and lakes!



# What is a recreational water illness?

A recreational water illness, or RWI, is an illness caused by germs or chemicals found in the water we swim or play in.

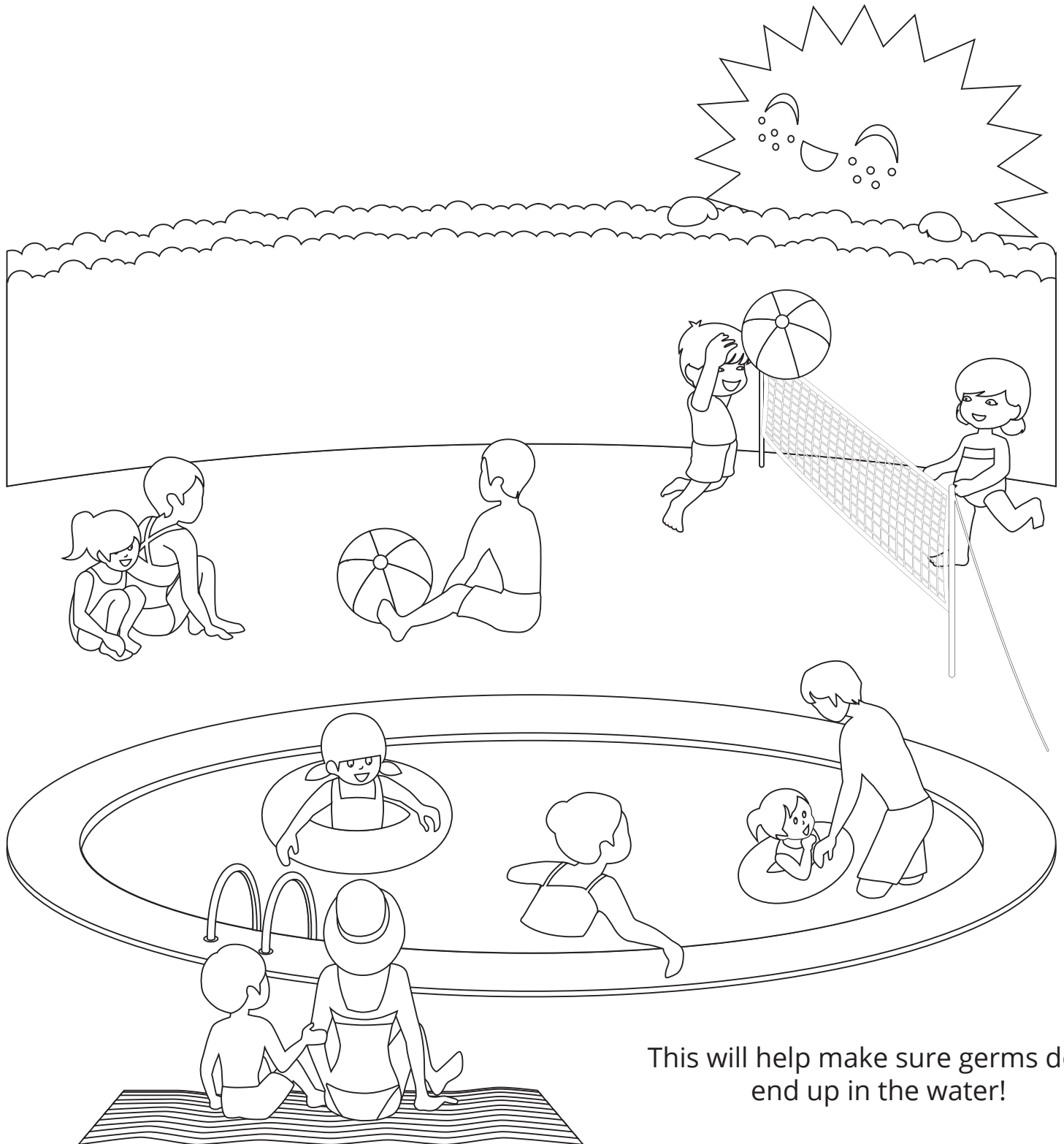
One germ that can live for days in chemically treated pool water is *Cryptosporidium*, sometimes called Crypto for short.

Mr. Crypto is a small germ that causes people to have very bad diarrhea. He can get into the water from a sick person who goes swimming. You can get sick by swallowing the water with Mr. Crypto in it.



**There are a number of easy ways to help keep germs, like Mr. Crypto, out of the water and stay healthy!**

# Step 1: stay out of the water if you have diarrhea or are feeling sick.



This will help make sure germs don't  
end up in the water!

# Step 2: shower before getting in the water.



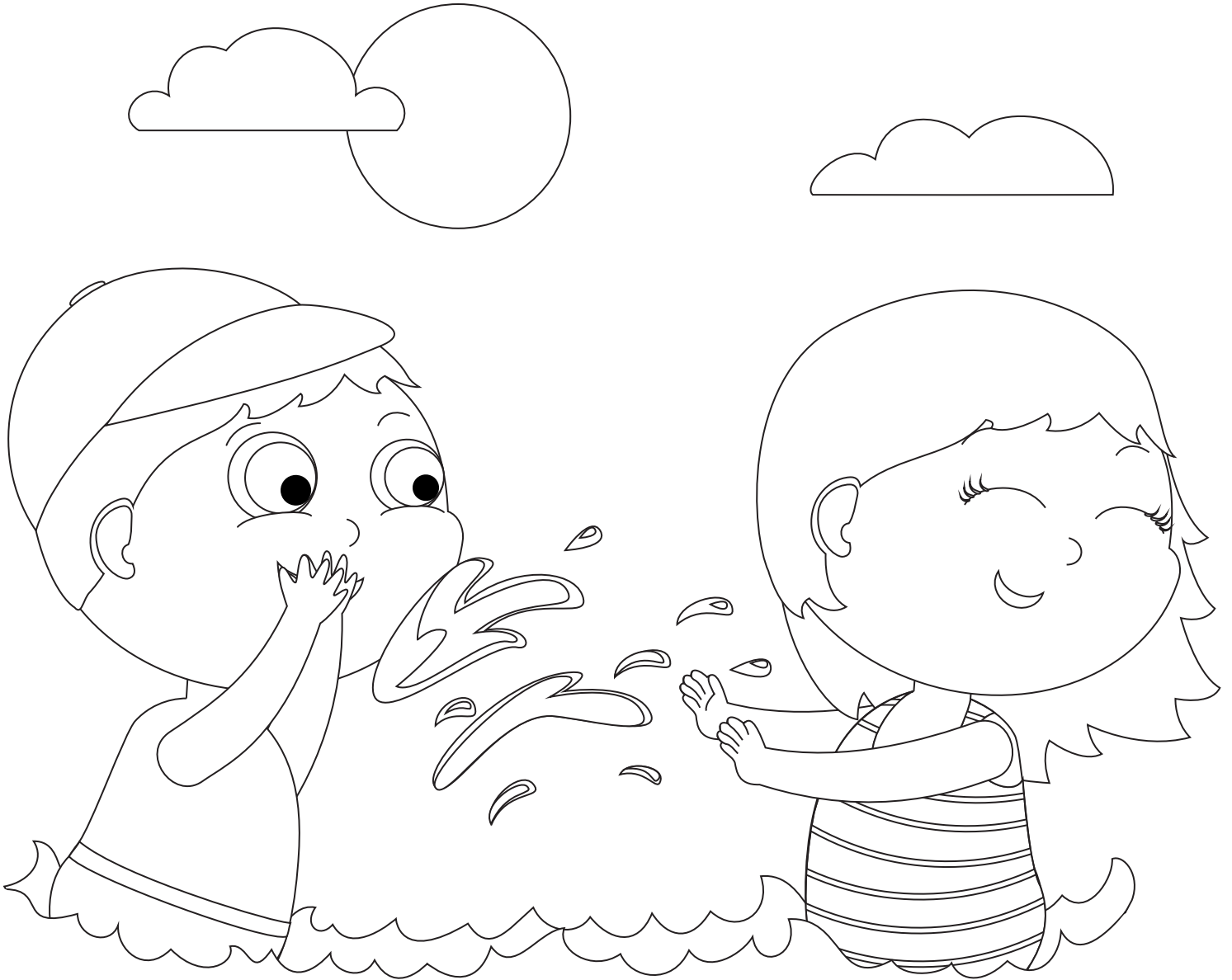
Showering with soap and water will help remove any sweat, dirt, and germs that might be on you from getting into the water. Remember that even if a pool looks clean it is possible it could still spread germs.

# Step 3: don't pee or poop in the water.



Take frequent bathroom breaks while swimming so you don't pee or poop in the water!  
Make sure to always wash your hands with soap and water after using the bathroom.

# Step 4: don't swallow the water.

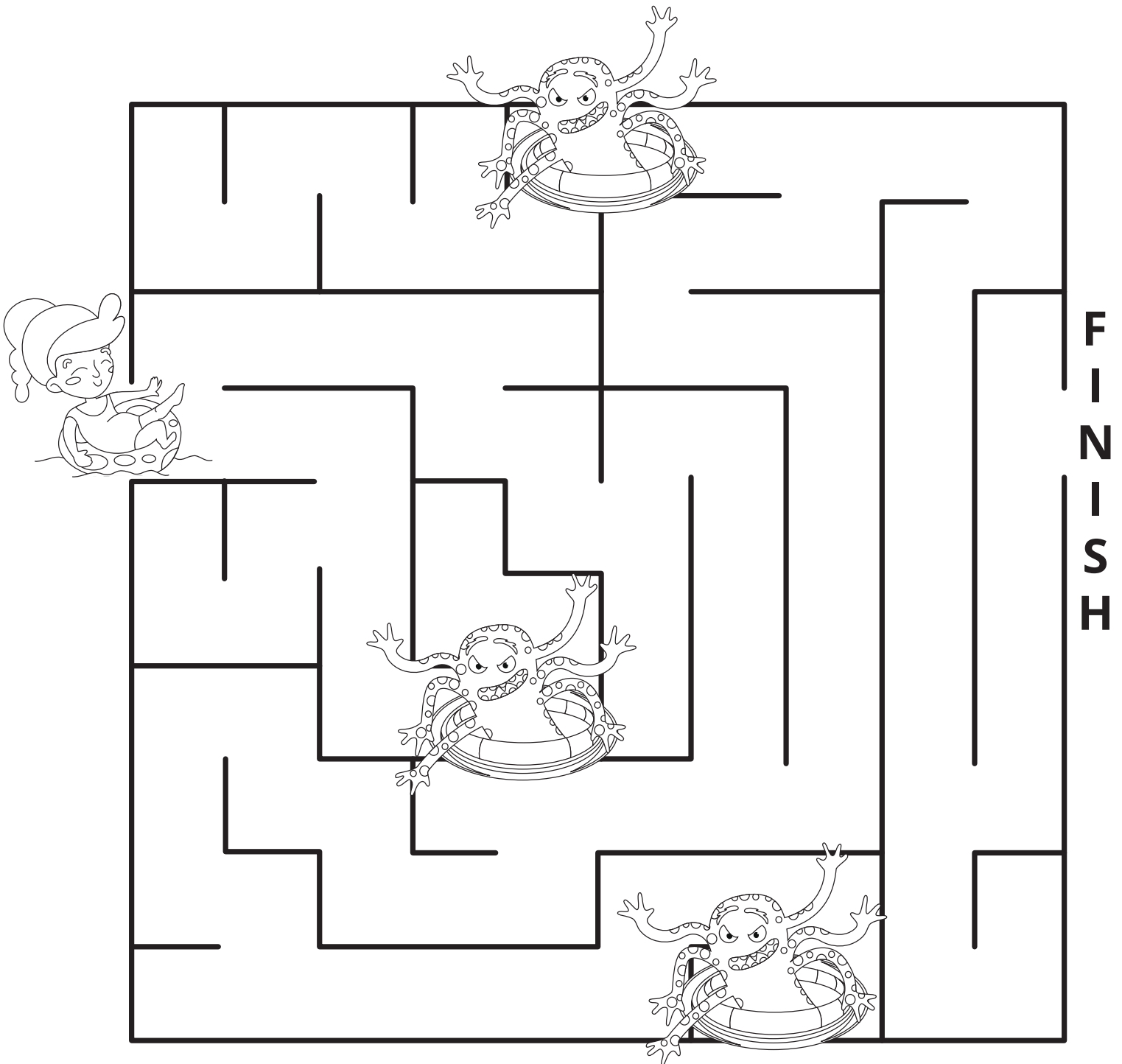


Keep the water out of your mouth and nose while  
swimming and playing in the water.

# STAY AWAY

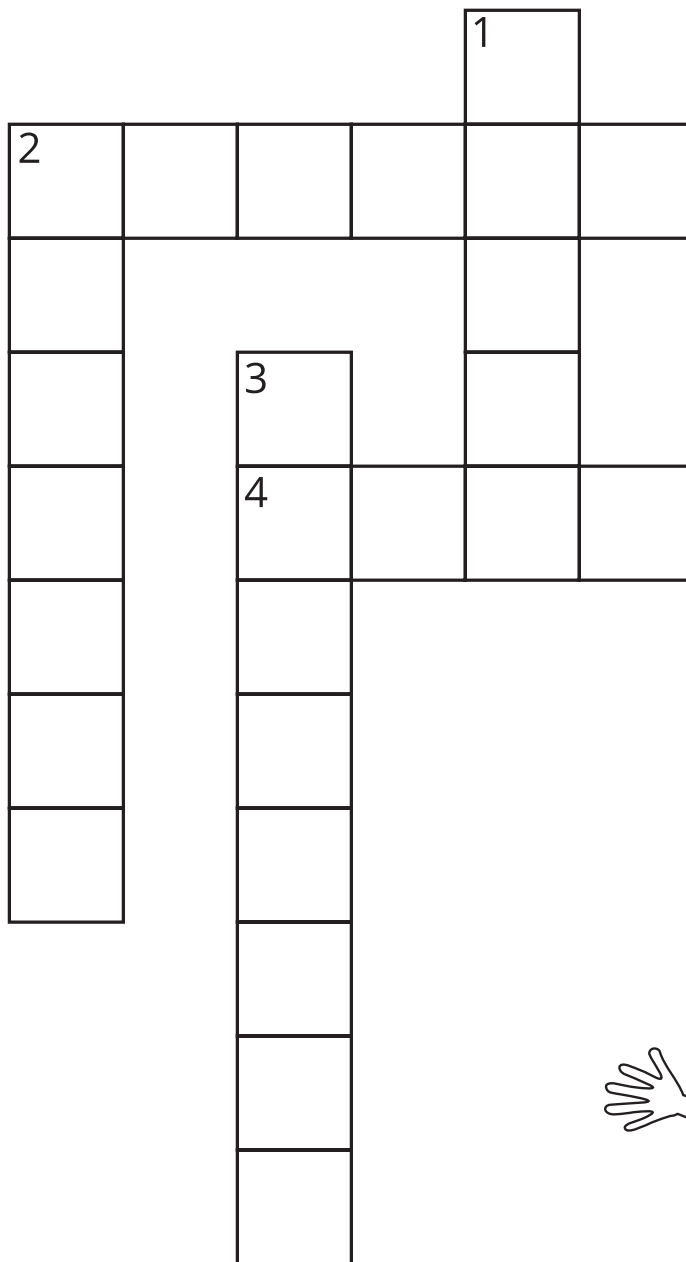
## from Mr. Crypto!

Swim through the maze to avoid Mr. Crypto





# Fill in the missing healthy swimming words.

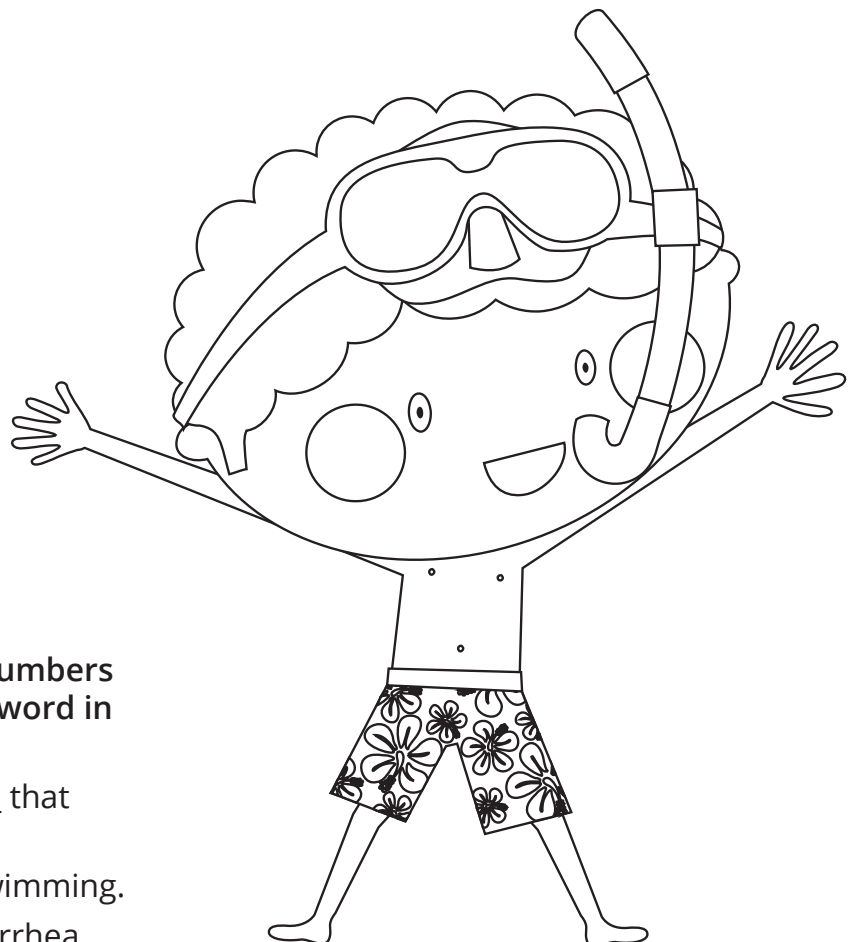


**Across – Fill in the missing letters. Use the numbers to show you where to write the completed word in the boxes that go across.**

- 2. You should always \_\_\_\_\_R before entering the pool.
- 4. Always W\_\_\_ your hands after using the bathroom

**Down – Fill in the missing letters. Use the numbers to show you where to write the completed word in the boxes that go down.**

- 1. Chlorine does not kill all the G \_\_\_\_\_ that could be in the pool's water.
- 2. Try not to \_\_\_\_\_W water while swimming.
- 3. Don't go S \_\_\_\_\_ if you have diarrhea



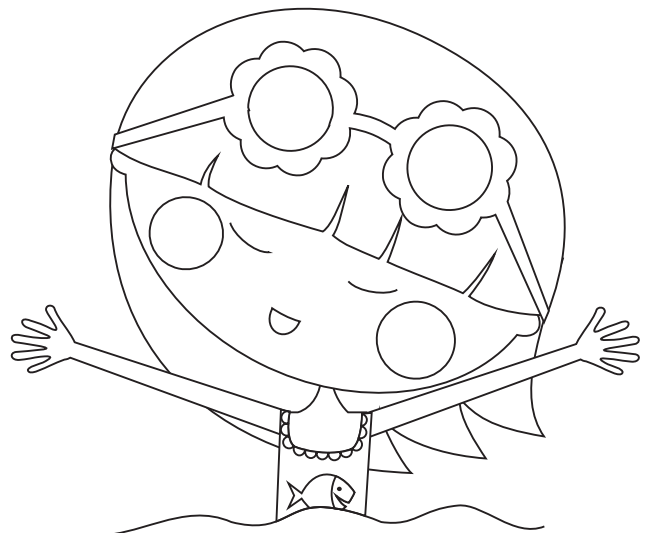
# Find and Circle

the words in the puzzle.

H E S P L A S H I P P  
E G Y M R E G I T W O  
L O Y H T L A E H A O  
O G E R M S D O T T L  
O G G S M I C R T E F  
G L K I A O T P Y R C  
C E W B L M A N O T P  
Y S S U N S C R E E N  
R W I D E A O N S W R

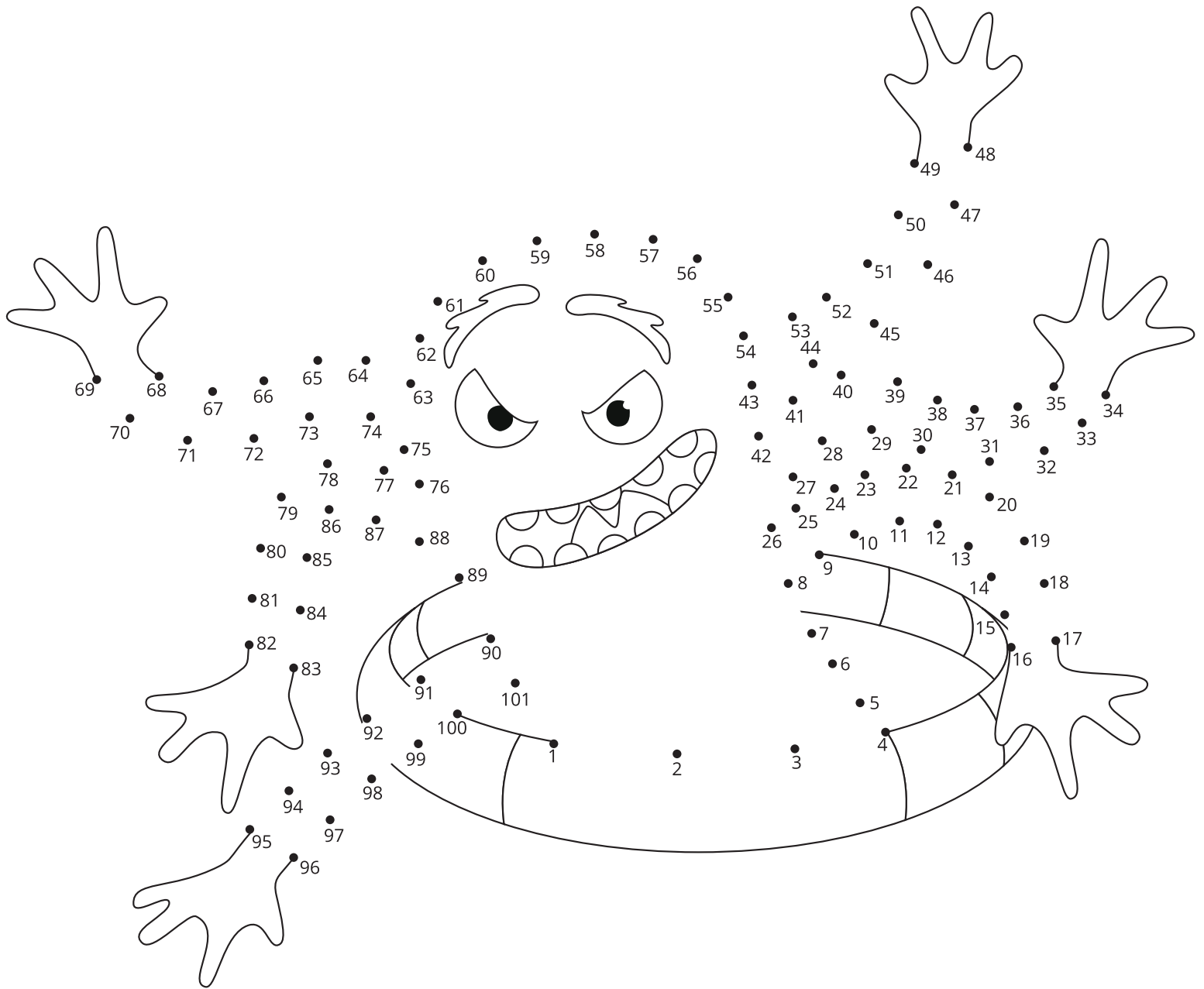
GOGGLES  
RWI  
SWIM  
HEALTHY  
SPLASH

WATER  
CRYPTO  
POOL  
SUNSCREEN  
GERMS

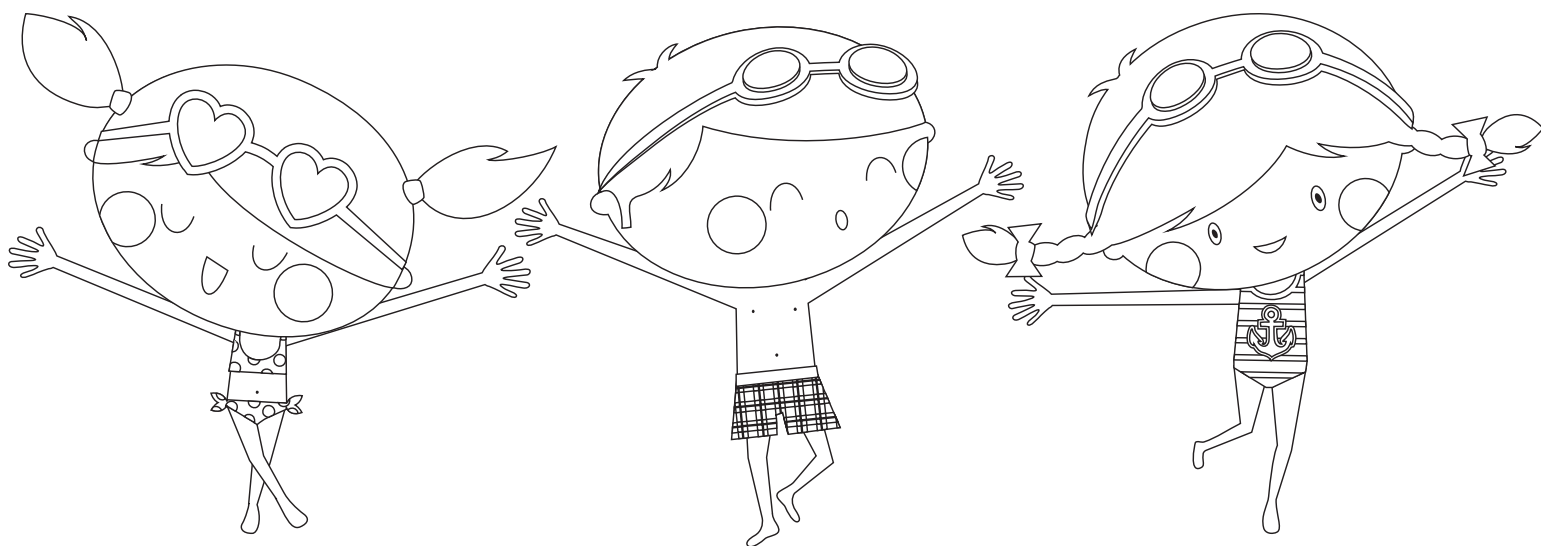


# Connect the Dots

## to complete Mr. Crypto.



# Match the letters to the numbers & write the secret message!

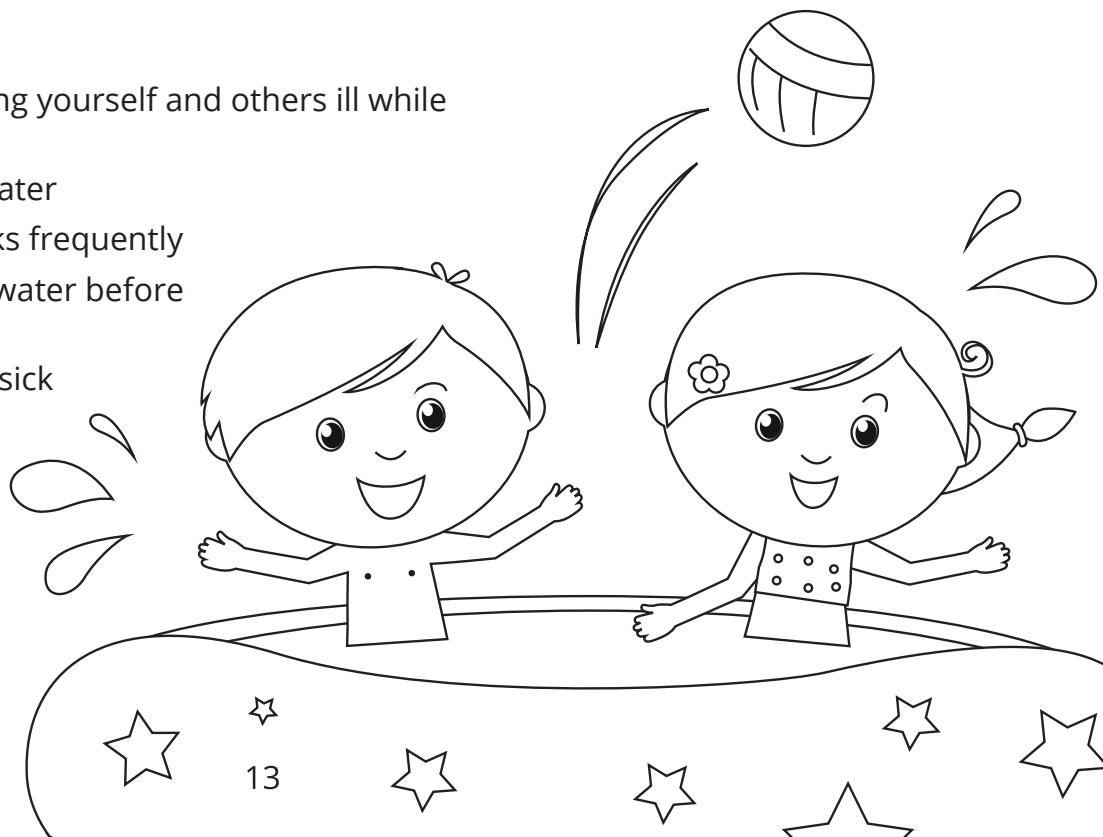


18	5	13	5	13	2	5	18
20	15		19	23	9	13	
19	1	6	5		1	26	!

A = 1	B = 2	C = 3	D = 4	E = 5	F = 6	G = 7	H = 8	I = 9	J = 10	K = 11	L = 12	M = 13
N = 14	O = 15	P = 16	Q = 17	R = 18	S = 19	T = 20	U = 21	V = 22	W = 23	X = 24	Y = 25	Z = 26

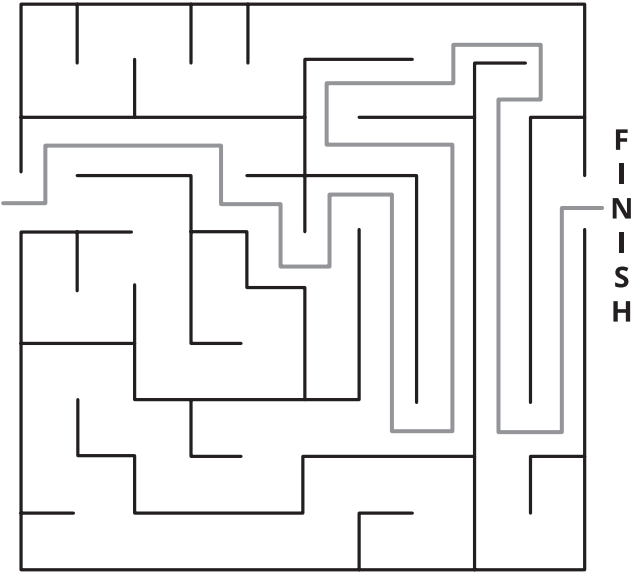
# Can you answer the questions below about healthy swimming?

1. It's ok to pee in the pool if no one knows?  
True                      False
2. Pools that look clean can still spread germs?  
True                      False
3. Recreational water illnesses (RWIs) can be caused by germs spread through the water?  
True                      False
4. How can pool water get germs in it?
  - a. Not washing your hands after using the bathroom
  - b. Peeing or pooping in the water
  - c. Bringing in germs, dirt and sweat on your body into the pool
  - d. All of the above
5. What germ frequently causes recreational water illnesses?
  - a. Flu
  - b. Gingivitis
  - c. Cryptosporidium "Crypto"
  - d. Beiber Fever
6. How can you prevent getting yourself and others ill while swimming?
  - a. Don't swallow pool water
  - b. Take bathroom breaks frequently
  - c. Wash with soap and water before getting in the pool
  - d. Not swimming when sick
  - e. All of the above



# Answer Sheet

Pg. 9—Maze



## Pg. 11—Word Search



## Pg. 13—Letter Match

**REMEMBER TO SWIM SAFE AZ!**

## Pg. 10—Crossword

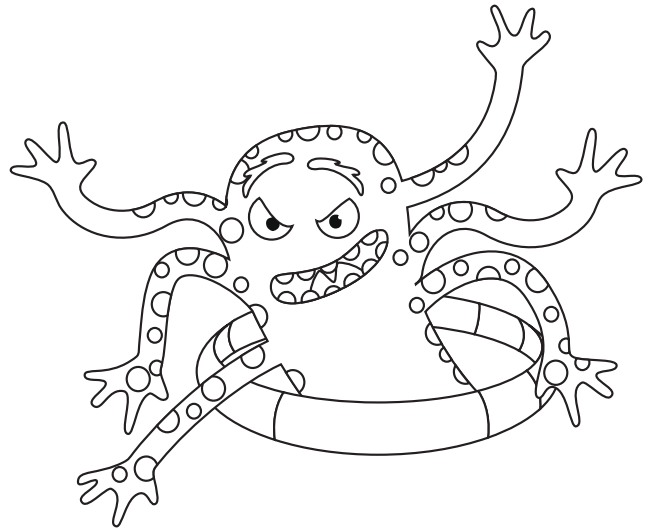
## Across

2. SHOWER  
4. WASH

## Down

1. GERMS
2. SWALLOW
3. SWIMMING

## Pg. 12—Connect the Dots



Pg. 14—Quiz

1. False
2. True
3. True
4. D
5. C
6. E





**ARIZONA DEPARTMENT  
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Food & Waterborne Disease Program  
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