
Press Release

NEWS

Burlington County
Board of Chosen Freeholders
Mount Holly, NJ 08060

Office of Public Information
Phone 609-265-5028/Fax 609-265-5151
www.co.burlington.nj.us



For IMMEDIATE RELEASE

Friday, May 21, 2010

CONTACT: Holly Cucuzzella
609-265-5297
OR: Kathy Holmes
609-265-5521

ENJOY THE WATER AND STAY HEALTHY

2010 National Recreational Water Illness (RWI) Prevention Week

As swimming pools, water parks and beaches prepare to open for the season during the Memorial Day weekend, the Burlington County Health Department is encouraging healthy swimming behaviors to prevent water illnesses during National Recreational Water Illness Prevention Week (May 24–30, 2010).

The goal of this observance is to raise awareness about healthy swimming, including ways to prevent recreational water illnesses (RWIs). RWIs are caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water in swimming pools, water parks, hot tubs, interactive fountains, water play areas, lakes, rivers, or oceans.

“Summer is just around the corner and many of us are looking forward to jumping in the pool, hitting a water park or going to the beach. But you can get sick from the water if you are not careful,” said Robert Gogats, Health Officer for Burlington County. “Now is the perfect time to learn what precautions to take to make sure you don’t contaminate the water and learn how to possibly identify problems with the water.”

-more-

PRESS RELEASE: Water Illness Prevention Week – 5/21/10 – Add One

Awareness of recreational water illnesses and healthy swimming behaviors play an important role in stopping transmission of RWIs. Germs on and in swimmers' bodies end up in the water and can make other people sick. Even healthy swimmers can get sick from RWIs. The best way to prevent RWIs is to keep germs out of the pool in the first place. Follow these six steps from the CDC (Centers for Disease Control and Prevention) for a safe and healthy swimming experience:

Three Steps for all Swimmers

- Don't swim when you have diarrhea.
- Don't swallow pool water.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

Three Steps for Parents of Young Children

- Take your kids on bathroom breaks or check diapers often.
- Change diapers in a bathroom or a diaper-changing area and not at poolside.
- Wash your children thoroughly (especially the rear end) with soap and water before they go swimming.

In order to minimize these risks, the Burlington County Health Department requires public bathing facilities to meet water quality and safety standards, including engineering design standards that apply to pools, spas, beaches, water supplies, bather preparation areas, and water treatment systems. The Health Department enforces these rules and regulations through plan approvals and inspections.

For more information about healthy swimming, visit:

- CDC's Healthy Swimming website at <http://www.cdc.gov/healthyswimming>
- The Environmental Protection Agency's beaches website <http://www.epa.gov/beaches>