

In the Swim of Things

00:18 [Muffled] Hi, I'm Lifeguard Bobby.

00:21 [Laughs]

00:23 I'm sorry about that. Let me start over.

00:25 Hi, I'm Lifeguard Bobby.

00:27 Parents, did you know

00:28 that swimming-related illnesses are on the rise?

00:31 Well, with the help of the CDC's healthy-swimming experts,

00:34 we'd like to show you

00:35 how to keep your family healthy and safe

00:38 when they get in the swim of things.

00:41 Roll projector, please.

00:43 A seemingly harmless scene, right?

00:46 Ha ha, well, that's where you're wrong,

00:48 because in recent years, there has been an increase in...

00:54 ...or RWIs for short.

01:02 First up is Dr. Michael Beach, who's going to be telling us

01:05 the most common cause of RWIs, called Crypto-cridium...

01:09 uh, Crypto-terrilium... uh...

01:13 That's Cryptosporidium, Bobby.

01:14 But first, let's remind people

01:15 that RWIs can be spread by swallowing, breathing,

01:19 having contact with contaminated water

01:21 in places like swimming pools, water parks,

01:25 interactive fountains, even lakes, rivers, and the ocean.

01:29 And Cryptosporidium -- let's call it "crypto" for short --

01:32 is one of the most common RWIs, causing symptoms like diarrhea.

01:36 In public pools in the United States,

01:38 we use chemicals like chlorine

01:39 to kill germs and protect our health.

01:42 But these same chemicals kill different germs

01:44 faster than others, so superbugs like crypto

01:47 can survive for days in chlorinated water.

01:49 You share the water with everyone.

01:51 If you're ill with diarrhea and you get in the pool,

01:54 you can easily contaminate the water

01:55 and spread illness to others.

01:57 So play it safe.

01:58 Stay out of the water if you're ill with diarrhea.

02:01 Wow! That sounds pretty serious!

02:04 But have no fear because Michele Hlavsa is here

02:07 to give us some good 411

02:09 about how to keep our swim time both fun and germ-free.

02:22 Thanks, Bobby.

02:23 Parents, just as Michael said,

02:25 crypto can spread in the water in which we swim and play.

02:28 But you can take just a few simple steps to protect you,

02:33 your children, and other swimmers from RWIs.

02:36 Don't swim when you're ill with diarrhea.

02:38 Don't swallow the water you swim in.

02:40 Shower or bathe with soap before you get in the water.

02:43 Wash your hands after using the toilet or changing diapers.

02:47 Take children on bathroom breaks.

02:49 And finally, change diapers in the bathroom

02:52 or diaper-changing area and not at the poolside.

03:01 Well, I just finished my shower, and I guess I'm ready for a dip.

03:04 But before I go, I'd like you all to remember

03:06 that healthy swimming is no accident.

03:08 And the best way to keep yourself, your children,

03:11 and others safe from RWIs

03:13 is to keep germs out of the water in the first place.

03:16 This is Lifeguard Bobby wishing you a safe and fun-tastic time

03:21 whenever you get in the swim of things.

03:25 Look out! Here I come!