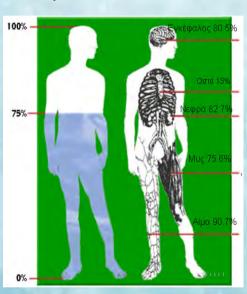


THE VALUE OF WATER

- Water is one of the most necessary ingredients to sustain life.
- A 97% of the planet's water is ocean.
- The drinking water is not everywhere enough and we must preserve it.
- Water is the main ingredient of all liquids.
 Mother's milk and fruit juices contain 87% water.
- Our body needs us to consume 8 glasses of water per day.
- Our body is 70% water.



WATER POLUTION

- The preservation of a safe water has a paramount importance for Public Health.
- Water can be subjected to pollution/contamination from microbial and chemical hazards and can cause outbreaks/epidemics to the community through its use for human consumption.

SWIMMING POOL-RELATED OUTBRAKS OF ILLNESS

- They are relatively infrequent, but have been linked to viruses, bacteria, protozoa and fungi. Viral outbreaks are most often attributed to adenovirus, although hepatitis A, norovirus and echovirus. *Shigella* and *Escherichia coli* O157 are two related bacteria that have been linked to outbreaks of illness associated with swimming in pools. The risk of illness in swimming pools associated with faecally-derived protozoa mainly involves *Giardia* and *Cryptosporidium*. In hot tubs and natural spas baths *Legionella and Pseudomonas aeruginosa* maybe is present.
- Most common clinical syndromes related to the swimming pools are microbial gastroenteritis, hepatitis A, cryptosporidium infections, dermatitis, conjunctivitis, acute febrile respiratory illness, otitis externa etc.

CONTROL TIPS FOR THE POOL'S WATER VISUAL INSPECTION

— Do you hear the noise from the pumps/filtration process for at least half the hours of the day (indication that the water treatment might be functioning)? — Watch out for missing, broken or visible algae tiles. — Make sure there is no strong smells from the water of the swimming pool as from an adequately sanitized there are no irritating smells (indication of not proper maintenance of the pool). — Is the water of an acceptable clarity so that you can clearly see the pool's bottom from above? Do not swim if the water is discolored or murky.



The question to the pool operator for the pH range of the water must be: from 7.2 – 7.8.
 Maintenance of toilets, showers and changing rooms in clean, socially acceptable state.
 Although visual inspection may benefit you there are also less visible hazards, including those posed by microbes and chemicals. Therefore, you must always check for the last result of the pool's water microbial test, which must not be dated more than an week ago.

PERSONAL HYGIENE RULES FOR BATHERS

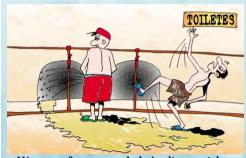
- Do not wear shoes. Respect the areas for walking with and without shoes.
- It is also compulsory to wear a swimming costume. No swimming trunks, shorts or Bermuda shorts, in order to reduce the number of germs coming in from outside.



Have a proper shower with soap before and after going into the pool.
Walk through the footbath (shallow basing for washing your feet).
Wearing a swimming cap is compulsory for hygiene reasons.
Do not swallow pool water while bathing.
Before you go swimming, consider not sharing your germs with others (colds, sore throats, athlete's foot, etc.).
Be patient, once you are better you can go back!



 Go to the toilet and always wash your hands with soap before you leave.



— We care for a new baby's diaper right before the entrance into the pool and we check regularly. If you notice any content from the baby's bowel please take the baby immediately out of the water and let the pool operator know about it.



WATER SAFETY MEASURES

- Do not consume alcohol before swimming or while you are in the water.



- Swim 3 hours after your last meal to avoid drowning or to become sick.



- Avoid dangerous games in slippery floors.



 If you feel cold, get out of the water and cover yourself with a towel.



- Drowning is silent. The children should be supervised at all times by an adult.



- When you finish your swimming, place on your skin a sunscreen with SP 30 or higher.



 If someone is in danger, notify a lifeguard or call 112.



If you do not know swimming, wear a lifejacket.



Do not dive head first.



- If you use waterslides, obey the lifeguard instructions.



- Always swim parallel to the coast.



This leaflet is part of the "Hellenic National Water Safety Program", that was implemented by the Secretariat General of Public Health of the Ministry of Health in Greece, with the support of several organizations: Hellenic Federation of Underwater Activity, Pan-Hellenic Union of Doctors, Union of Greek Athletes with Extraordinary Achievements, Union of Qualified Physical Educators, National School of Public Health, Hellenic Centre for Disease Control and Prevention, Princess Charlene of Monaco Foundation, International Swimming Hall of Fame, International Awards Giuseppe Sciacca. A Chance for Children Foundation.