

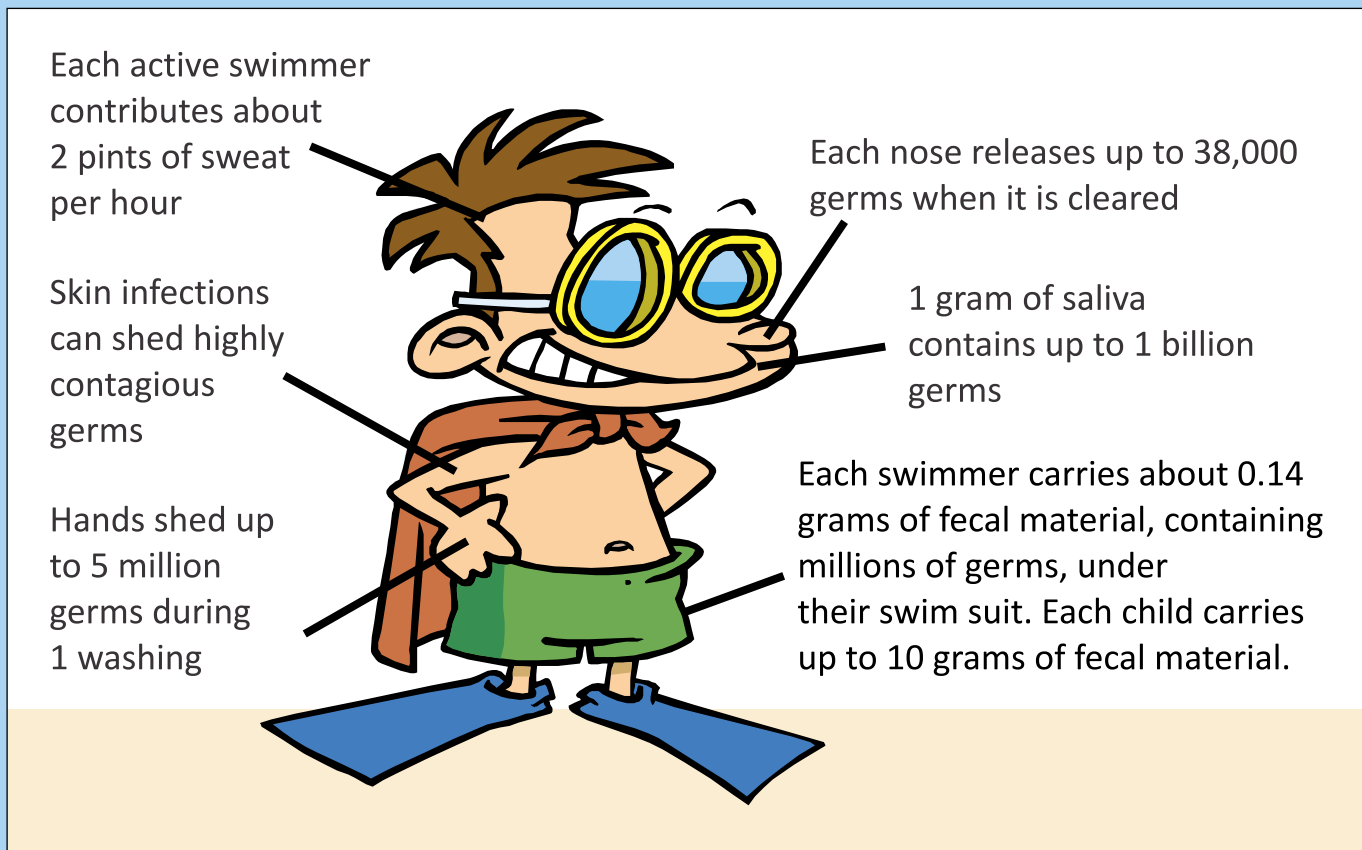
# Shower Before Swimming

Swimmers, do your part to prevent RWI's (Recreational Water Illnesses). Shower with soap before using the swimming pool or spa.

## Did you know?

- The main source of pool water contamination is swimmers.
- One germ can multiply into 20 million in as little as 8 hours.
- When pools are contaminated, it's harder for disinfectant to kill germs. The pool may even have to be closed.

The average swimmer contaminates pool water in the following ways:



**Keep your germs to yourself – shower first!**

Thank you from your fellow swimmers, pool operator, and Spokane Regional Health District's Water Recreation Program.