

DEPARTMENT OF PARKS AND RECREATION

JASON HEMMENS DIRECTOR 5510 OVERLAND AVENUE, SUITE 270, SAN DIEGO, CALIFORNIA 92123 (858) 565-3600 www.sdparks.org

Steps for Healthy Fountain Use

Please use caution when playing in the fountains - the surface of the fountain and splash pad can be slippery. Individuals with children should take care to monitor the children while in the fountain and splash pads.

Here are a few easy and effective healthy steps **all fountain users** can take to protect themselves, their families, and their friends from recreational water illnesses (RWIs):

Keep the germs out of the water

- Don't swim when you have diarrhea.
- Take a rinse shower before you get into the water. Showers are located on the outside wall of the restroom building.
- o Take bathroom breaks every 60 minutes.
- Wash your hands after using the toilet or changing diapers.

Don't swallow the water you swim in

Parents of young children should take a few extra steps:

- Take children on bathroom breaks every 60 minutes
- Check diapers every 30–60 minutes
 - Change diapers in the bathroom or diaper-changing area and not poolside where germs can rinse into the water.
 - Children not potty-trained must wear swim diapers.



