



# County of San Diego

## DEPARTMENT OF PARKS AND RECREATION

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## Steps for Healthy Fountain Use

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.
  - 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.