



County of San Diego

DEPARTMENT OF PARKS AND RECREATION

5500 OVERLAND AVENUE, SUITE 410, SAN DIEGO, CA 92123
Administrative Office (858) 694-3030
www.sdparks.org

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.