

# AT THE POOL

## HYGIENE RULES



### I REMEMBER TO DRESS APPROPRIATELY

I always take in my bag/backpack: flip-flops, a swimsuit, a swimming cap, swimming goggles and a towel.



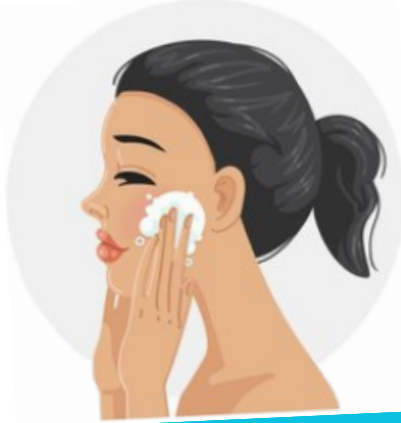
### I SHOWER WITH SOAP

Before entering and leaving the pool and each time after using the toilet, I wash my entire body thoroughly with soap and water.



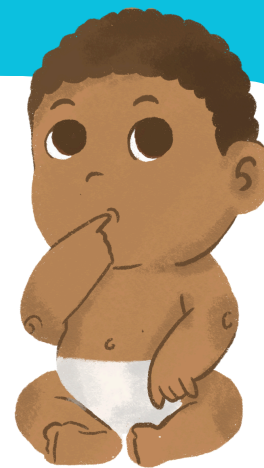
### I REMOVE ALL MAKEUP

Before visiting the swimming pool, I remove makeup from my face.



### I PUT A SWIMMING DIAPER ON MY BABY

When I go to the pool with a baby or toddler, I take swim diapers with me.



### I REMEMBER TO DISINFECT MY FEET

When visiting the swimming pool, I disinfect my feet to avoid mycosis.



### I QUIT WHEN I FEEL BAD

When I have health problems (e.g. diarrhea, cold, ear infection, dermatitis, mycosis), I refrain from visiting the swimming pool.



## WATER IS AS CLEAN AS WE ARE !!!