

DID YOU
KNOW?

- The human brain has the capacity to store everything that you experience.
- It has been said that over 350 million people suffer from Facebook addiction disorder.
- Stress can result in more headaches as a result of the body rerouting blood flow to other parts of the body.

IMPORTANT
NUMBERS

Health Dept.
254-697-7039

Public Health
254-697-7092

Emergency Mgmt
254-697-7060

Extension Agent
254-697-7045

HELPFUL
WEBSITES:

www.ready.gov

www.cdc.gov

www.milamhealth.com

In-Still Gazette

VOLUME 1, ISSUE 3

JUNE 1, 2013

RECREATIONAL WATER ILLNESSES

Contrary to popular belief, chlorine does not kill all germs instantly. There are germs today that are very tolerant to chlorine and were not known to cause human disease until recently. Once these germs get in the pool, it can take anywhere from minutes to days for chlorine to kill them. Swallowing just a little water that contains these germs can make you sick.

Recreational water illnesses (RWIs) are caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers, or oceans. RWIs can also be caused by chemicals in the water or chemicals that evaporate from the water and cause indoor air

quality problems.



RWIs include a wide variety of infections, such as gastrointestinal, skin, ear, respiratory, eye, neurologic, and wound infections. The most commonly reported RWI is diarrhea. Diarrheal illnesses are caused by germs such as Crypto (short for *Cryptosporidium*), *Giardia*, *Shigella*, *norovirus* and *E. coli* O157:H7. With RWI outbreaks on the rise, swimmers need to [take an active role](#) in helping to protect themselves and prevent the spread of germs.

It is important for swimmers to [learn the basic facts about RWIs](#) so they can keep themselves and their family healthy every time they swim.

In the past two decades, there has been a substantial increase in the number of RWI outbreaks associated with swimming. Crypto, which can stay alive for days even in well-maintained pools, has become the leading cause of swimming pool-related outbreaks of diarrheal illness.

Make sure that when or if you are at water parks or lakes that you and your children make sure to wash your hands before eating. This will help in stopping the spread of unwanted germs.

Practice Good Hygiene

A good way to stop the spread of disease to practice good hygiene.

Wash hands with soap and water for at least 20 seconds, rubbing hands together vigorously and scrubbing all surfaces:

- Before preparing or eating food.
- After using the toilet.
- After changing diapers or



cleaning up a child who has used the toilet.

- After handling animals or animal waste.

ARE YOU UP TO DATE ON YOUR VACCINES?

If you need help finding out if you have all of your vaccinations feel free to call the Milam County Health Department. They have access to IMMTRAC which will make the process fast and easy.

