

A white toilet with its lid up. Inside the bowl, there is a miniature swimming pool. Several tiny people are swimming in the water. There is a yellow and white beach ball, a yellow inflatable ring, and a small lifeguard stand on the edge of the pool. A yellow and black lane marker is also visible in the water.

REMEMBER THE TWO WEEK POO(L) RULE

**WAIT TWO WEEKS AFTER HAVING DIARRHOEA BEFORE
USING THE POOL OR YOU COULD MAKE OTHERS SICK.**

Swim season reminders and cryptosporidium

Ensure swimmers stick to the two week poo(l) rule to avoid a cryptosporidium outbreak this summer.

Whether you have a pool or take your students off site for swim lessons or other water activities, all swimmers need to be aware of and follow the two week pool rule.

The two week poo(l) rule

Anyone who has had diarrhoea should not use the pool or be involved in aquatic sports for at least two weeks after they have recovered.

Make hand washing with soap a priority and where possible get everyone to shower before hopping in the pool.

Please let parents know about the two week rule.

Cryptosporidium and pools

Cryptosporidium is a parasite found in the faeces (or poo) of animals, birds and people. This parasite forms tough resistant cysts that survive in water. Pool chlorine and other pool chemicals will not remove or kill cryptosporidium cysts.

If cryptosporidium gets into your pool it may need to be completely emptied and refilled, and your filter may need to be cleaned or replaced.

Keep wild birds (eg ducks) and animals (eg pet dogs) out of your pool - cover it when not in use.

More information

If you would like more information please contact Sue McEwan at Community and Public Health sue.mcewan@cdhb.health.nz or visit www.cph.co.nz. Posters for your pool or classrooms can be downloaded from our website.