

# Stay Safe In & Around Water

## COVID-19 Guidelines

### Can you get COVID-19 through pools, hot tubs, and water play areas?

According to the CDC, *“there is no evidence that the virus that causes COVID-19 can be spread to people through the water in pools, hot tubs, spas, or water play areas. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.”* (CDC Guidance as of 4/23/20)

Check the CDC web site and follow these guidelines to help ensure your family’s safety at the pool or beach this summer. \*<https://www.cdc.gov/coronavirus/2019-ncov/php/water.html>

**DO** Follow your state and local guidelines to determine when it is safe to use recreational water facilities. Cover your mouth and nose if required.

**DO** Call the owners and operators of community pools, hot tubs, spas and water play areas to confirm that they are following CDC guidance for cleaning and disinfecting their facilities.

**DO** Stay home if you are coughing, sneezing or feeling poorly. If you have experienced a recent loss of taste or smell, please call your doctor.

**DO** Stay 6 feet away from people who do not live with you and avoid crowded places. Six feet is about two arm lengths, or the length of a twin mattress.

**DO** Wash your hands frequently.

- Wet your hands with clean, running water.
- Apply soap and scrub all surfaces – fronts, backs, between fingers, under fingernails. Scrub for 20 seconds, about the time it takes to sing “Happy Birthday” twice from beginning to end.
- Rinse with clean water and fingers pointing down toward the drain.
- Pat your hands dry with a clean towel.



**DO**

If there is no clean, running water, use an alcohol-based hand sanitizer that has at least 60% alcohol. (Do not use hand sanitizer in combination with soap and water as that can irritate the skin.)

- Completely cover hands with the hand sanitizer (front, backs, between fingers) so that hands remain “damp” for 20-30 seconds.
- Rub hands together until the alcohol dries.

**DO**

Actively watch children in and near water, including pools, lakes, rivers, oceans and water at home (bathtubs, buckets, hot tubs, wading pools, etc.). Keep children within reach at all times when they are in and around water.

**DO**

Make sure children have NO access to your own pool or spa. Surround it on all four sides by a five foot fence that prevents children from getting over, under or through it. Install a self-closing and self-latching gate. Lock all doors that lead to a pool or spa area. Use door alarms and power safety covers for extra protection.

**DO**

Follow water safety guidelines. You are welcome to download the free “Smart Steps to Water Safety” in English or Spanish at [www.imsafe.com](http://www.imsafe.com).

Following these guidelines will greatly improve your chances of staying healthy, but they offer no guarantee that you will be completely protected from COVID-19 or any other disease.



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