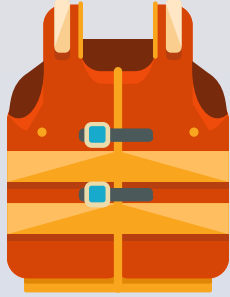
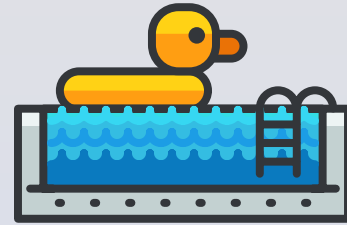


# Healthy and Safe Swimming



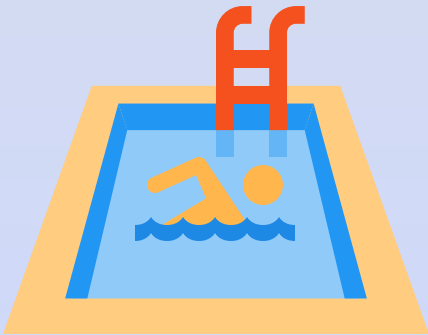
**Stay smart around water.** Always wear a life jacket in natural waters, take swim lessons, supervise children, and avoid distractions such as alcohol and cellphones.



**Make sure that pools and hot tubs are properly maintained and safe to use.** Inspections ensure that facilities are maintained properly and chemical levels are appropriate so that pools and spas are safe to use.

There were **331** cases of giardiasis and cryptosporidiosis reported in Montana in 2024. Of those...

**190\*** went swimming before they got sick



**Avoid swallowing water when you are swimming, and only swim when you are healthy.** Swimmers ill with diarrhea can introduce chlorine-resistant *Cryptosporidium* and *Giardia* into the water.

**70\*** drank untreated water before they got sick



**Always filter your water when you drink from natural water sources such as rivers and lakes.** Alternatively, boil water for 1 minute, or for 3 minutes if you are above 6,500 feet.

\*this includes 62 cases who swam in recreational water and drank untreated water before they got sick