

Healthy and Safe Swimming Week 2019

There were **170** cases of giardia and cryptosporidiosis reported in Montana in 2018...

55 swam in recreational water before they got sick



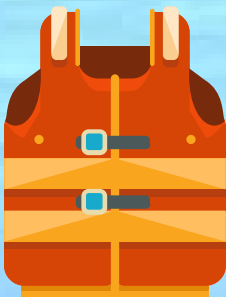
Avoid swallowing water when you are swimming, and only swim when you are healthy. Swimmers ill with diarrhea can introduce chlorine-resistant crypto and giardia into the water.

34 drank untreated water before they got sick



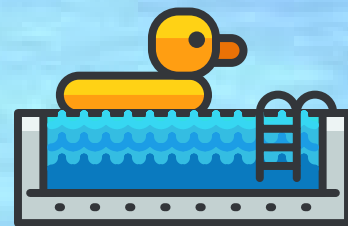
Always filter your water when you drink from natural water sources such as rivers and lakes. Alternatively, boil water for 1 minute, or 3 minutes above 6,500 feet.

20 unintentional drowning deaths per year in Montana



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.

891 inspections of licensed pool facilities by public health authorities in 2018



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.