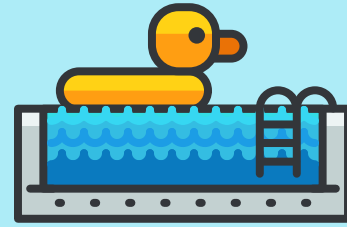


Healthy and Safe Swimming



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 **189** cases of giardiasis and cryptosporidiosis reported in Montana in 2023. Of those...

71* 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.

35* 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 above 6,500 feet.

*this includes 27 cases who swam in recreational water and drank untreated water before they got sick