CONNECTICUT'S ADVICE TO SWIMMERS

Here are a few simple precautions that can help make your beach visit a great way to cool off during the summer.

- In Connecticut, pick a beach and then check with the local health department that regulates it to be sure it is open for swimming. Check with the Connecticut Department of Energy and Environmental Protection if you plan to visit a State Park beach.

- If you pack a picnic lunch, keep it cold at the beach to help prevent spoiling and foodborne illness.

- Wear sun screen.

- At the beach look for signs and advisories and heed them. Do **not** swim at a closed beach.

- Don't swim near storm water discharge pipes at urban beaches after a heavy rainfall.

- Keep your head above water and try not to swallow water, to help avoid waterborne illness.

- Look for and avoid animal waste. Always carry away your pet's droppings.

- Leave the water immediately if there is a diarrhea or vomit accident.

- Don't bury yourself, your friends or your children in beach sand; bacteria from bird droppings and other sources can seep into beach sand and remain active.

- If you believe you have been exposed to contaminated swimming water, rinse with soap and water and clean any skin abrasions, cuts or wounds. Gargle with mouthwash or clean water. Dry your ears. Wash swimsuits and towels as soon as possible.

- If you have recent cuts, abrasions, surgical scars or infections, it's best to stay out of the water.

- If you have an impaired immune system or you are ill, it's best to stay out of the water.

- Do **not** touch or handle dead waterfowl (seagulls, geese, ducks, etc). Report dead waterfowl to the CT Department of Energy and Environmental Protection, Wildlife Division at (860) 642-6528.

- Do **not** pick up or handle medical waste (syringes, bandages, tubing) or other unusual objects. This can include objects floating in the water or washed ashore that may look like lumps of plastic foam or discs. Immediately report them to the Life Guard or to your Local Health Department.

- If you get caught in a **rip current** that pulls you away from the beach, don't panic. Swim parallel to the shore until you are outside the current, then swim back to the shore or call for help.