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HEALTHY SWIMMING STARTS WITH YOU!
ENJOY ST. JOHNS COUNTY - BE SAFE AND STAY HEALTHY

ST. AUGUSTINE: The St. Johns County Health Department/Florida Department of Health urges residents and visitors to take the following precautions to decrease the possibility of infection and injury when enjoying St. Johns County's freshwater recreational amenities:

1. **No Diving:** Diving into shallow water can result in permanent injury or death.
2. **Wear a nose clip or hold your nose when swimming, jumping or diving in any fresh water:** Closed nostrils reduce your risk of infection by amoeba, which is a rare, but life threatening condition.
3. **Do not swim in warm standing water, such as ponds, storm water retention areas or in areas posted "No Swimming":** Bacteria and other harmful organisms thrive in warm, standing water. Seek prompt medical attention if you become ill after swimming in fresh water.
4. **Avoid feeding or contact with wildlife:** Natural areas are home to many animals including snakes, raccoons, otters and alligators. Keep your distance.
5. **Protect others:** Discarded glass and trash can cause injury to bathers and wildlife; don't litter. Always swim with a partner, and supervise children.
6. **Be water safe:** Do not go into the water unless you know how to swim. Never swim if you are impaired, and never enter the water during or when a storm is expected.

For information on healthy swimming and other recreational water topics, visit the Centers for Disease Control and Prevention (CDC) website at: <http://www.cdc.gov/healthywater/swimming/>.

For more information about recreational waterborne disease, visit the Florida Department of Health's website at:
<http://www.doh.state.fl.us/Environment/community/foodsurveillance/RecWaterDisease.htm>

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Our Mission: Promote, protect and improve the health of all people in Florida.

Our Vision: A healthier future for the people of Florida.

Our Values: - Integrity; Commitment to Service; Respect; Excellence; Accountability; Teamwork; Empowerment –



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Public Health
Prevent. Promote. Protect.