



## NEWS RELEASE

### ALABAMA DEPARTMENT OF PUBLIC HEALTH

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## Have a healthy and safe Labor Day weekend

### FOR IMMEDIATE RELEASE

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Labor Day weekend is just around the corner and families across the state are preparing to celebrate the anticipated holiday with recreational water activities, cookouts, and other fun festivities. While such events create opportunities for fellowship and enjoyment, they also increase risk of foodborne and waterborne illnesses.

Every year, outbreaks are linked to swimming, and the Labor Day weekend often means an increase in foodborne illnesses. The Alabama Department of Public Health encourages people who plan to participate in such activities to take the following steps to prevent waterborne and foodborne illnesses.

#### **Healthy swimming tips:**

- Stay out of the water if you have diarrhea.
- Shower before you get in the water.
- Don't urinate or have a bowel movement in the water.
- Don't swallow the water.

#### **Every hour—everyone out!**

- Take kids on bathroom breaks.
- Check diapers, and change them in a bathroom or diaper changing area—not poolside—to keep germs away from the pool.

#### **Practice proper food safety!**

- Cook foods to the right temperature.
- Wash hands and surfaces often.
- Refrigerate food promptly.
- Separate raw meats from other foods.

Healthy swimming information is available at <http://www.cdc.gov/healthywater/swimming/>  
For more information on food safety, visit: <https://www.foodsafety.gov/>