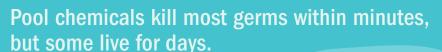
## WHAT'S IN YOUR CANNONBALL?



Here are the microbes and gunk the average swimmer can bring into the water:

Hair

10 million microbes

Spit

8 million microbes in a single drop

Hands

5 million microbes

Poop

140 billion microbes

A kid brings 10 grams of poopthe weight of 4 pennies with 10 trillion microbes. Microbes are tiny living organisms. Some microbes are germs that can make you sick.



Nose, mouth, skin Billions of microbes

Skin products

Lotions, cosmetics, soaps

Sweat

1 or 2 soda cans











U.S. Department of Health and Human Services Centers for Disease Control and Prevention



Learn more at www.cdc.gov/healthyswimming