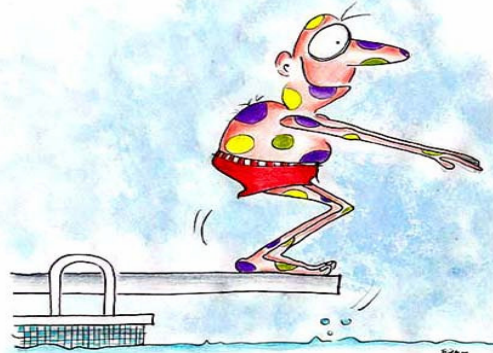




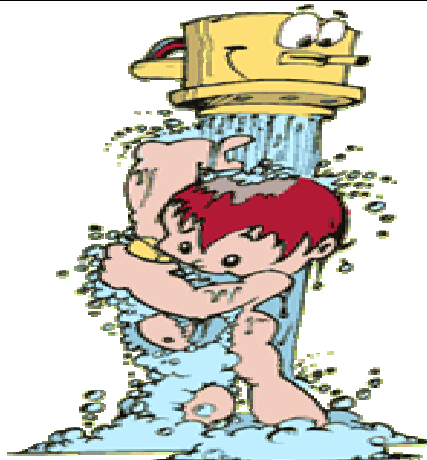
Swimming pool users should not forget safety rules



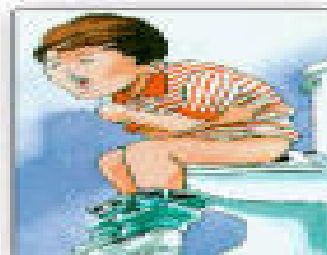
Do not swim or bath after meals: wait, at least 3 hours.



If you are ill or with skin diseases, do not use the swimming pool



A shower – before and after entering the swimming pool – is the proper procedure



Don't forget: a swimming pool is not a W.C. ...



Bare feet are not allowed outside the pool...



... you should wear flip-flop sandals



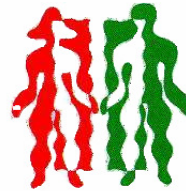
Do not leave children without adult supervision

## Safety tips



I am glad I didn't forget  
my swimming glasses  
and cap

- \* Don't leave the children out of your sight
- \* Don't leave your children alone: a depth of water of 2 inches is enough for drowning ...
- \* Children shouldn't wear floating devices without parental/adult surveillance
- \* Do not forget: accidents can happen!
- \* Follow the safety rules
- \* Be careful: if you want to dive, beware of the depth of the diving spot
- \* Do not go to water shortly after sun bathing
- \* Beware that cosmetics and some drugs can cause skin rashes (because of sun exposure)



MINISTÉRIO DA SAÚDE



CENTRO REGIONAL DE SAÚDE PÚBLICA DO CENTRO



For further informations, please contact:

- The local Public Health team;
- Centro Regional de Saúde Pública do Centro  
(Regional Public Health Centre)  
Rua Augusta, 27 - 3000-061 Coimbra  
Phone: 239 488 080 Fax: 239 483 077

## SWIMMING POOLS AND SAFETY RULES

