



County of Sacramento

FOR IMMEDIATE RELEASE
May 23, 2011

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Swim Season is Around the Corner!

Tips to enjoy the water and stay healthy

Sacramento, CA — Memorial Day weekend traditionally kicks off swim season in Sacramento. That means we'll soon be heading to the beaches and pools to soak up the sunshine and cool off. The week before Memorial Day (May 23–29) is Recreational Water Illness and Injury (RWII) Prevention Week. The goal of this observance is to raise awareness about healthy and safe swimming behaviors, and how you can prevent illnesses when enjoying swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers, or oceans.

2011 RWII Prevention Week Theme: Swimmer's Ear

Swimmer's ear (also known as otitis externa) is an infection of the outer ear canal that can cause pain and discomfort for swimmers of all ages. The good news is that swimmer's ear is preventable. To help ensure a healthy and pain-free swimming experience, the Sacramento County Environmental Management Department (EMD) is partnering with the Centers for Disease Control and Prevention (CDC) to provide the public with the following swimmer's ear prevention tips:

- **DO** keep your ears as dry as possible. Use a bathing cap, ear plugs, or custom-fitted swim molds when swimming.
- **DO** dry your ears thoroughly after swimming or showering. Tilt your head to hold each ear facing down to allow water to escape the ear canal. Use a towel to dry your ears well.
- **DO** pull your earlobe in different directions while the ear is faced down to help water drain out. If there is still water left in ears, consider using a hair dryer to move air through the ear canal. Put the dryer on the **lowest** heat and speed/fan setting; hold it several inches from the ear.
- **DON'T** put objects in the ear canal (including cotton-tip swabs, pencils, paperclips, or fingers).
DON'T try to remove ear wax. Ear wax helps protect your ear canal from infection.
- If you think that the ear canal is blocked by ear wax, consult your healthcare provider.
- **DO** consult your healthcare provider about using ear drops after swimming. Drops should not be used by people with ear tubes, damaged ear drums, outer ear infections, or ear drainage (pus or liquid coming from the ear).
- **DO** consult your healthcare provider if you have ear pain, discomfort, or drainage from your ears.

- MORE -

Media opportunities next page

EMD inspects more than 2,200 public pools and spas in Sacramento annually, said John Rogers, Environmental Health Division Chief. This includes apartment complexes, fitness clubs, hotels, and water parks. "With common sense safety practices and proper pool maintenance, public pools and water parks are a great way to cool off, exercise, and have fun."

Media opportunities - please contact Colleen Maitoza at 875-8512

On Tuesday, May 24, 2011 at 9:50 a.m., the Sacramento County Board of Supervisors will adopt a resolution proclaiming May 23 – 29 as Recreational Water Illness and Injury Prevention Week, 700 H Street, Board Chambers, First Floor.

EMD is holding free workshops for commercial pool and spa owners and operators on proper safety equipment and pool maintenance. Workshops have been shown to improve compliance and reduce the number of major violations.

Dates: Wednesday, **May 25, 2011**
Wednesday, **June 8, 2011**
Wednesday, **June 22, 2011**
Wednesday, **July 6, 2011**
Wednesday, **July 20, 2011**

Time: All classes: **1:00 – 3:00 pm**

Address: EMD Headquarters, 10590 Armstrong Avenue, Mather 95655

For more information on recreational water illness and prevention, visit the following websites:

- Sacramento County Environmental Management Department
www.emd.saccounty.net/EnvHealth/RecHealth/RecHealth.html
- Centers for Disease Control and Prevention
www.cdc.gov/healthywater/swimming/rwi/rwi-prevent.html
- CDC's Healthy Swimming www.cdc.gov/healthyswimming

View the most recent pool and spa facility inspection report at www.poolinspect.saccounty.net.

For additional information about swimming pool and spa inspections in Sacramento County and the FREE Workshops, contact EMD at (916) 875-8440 or email EMDinfo@Saccounty.net.

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