

# THINK HEALTHY. ACT HEALTHY.



## SWIM HEALTHY.

### Practice Healthy Beach Habits!

*Maine is famous for its beautiful beaches and healthy swimming waters. There are things you can do to help keep them that way, and help prevent water-related illnesses.*

#### What YOU can do while at the beach:

- Avoid swallowing beach water and try not to let any get in your mouth.
- Change diapers away from the water's edge—in a bathroom if possible—and dispose of in a sanitary manner; germs can spread if dirty diapers are not sealed properly.
- Wash your hands with soap and water, liquid hand sanitizers, or sanitary wipes after using the bathroom or cleaning children.
- Take your kids on bathroom breaks often—sometimes “I have to go” means it’s already too late!
- Feel nauseous or have diarrhea? Don’t swim. Tell the lifeguard or beach manager of any accidents.
- Be aware that contamination of the water is typically the worst following significant rainfall. To avoid risk, consider staying out of the water 48 hours following a significant rain event.

#### What you can do about ANIMALS affecting the beach:

- Waterfowl and other animals are attracted by trash—please dispose of refuse properly.
- Do not feed the gulls, other birds, or wildlife on or near the beach.
- Dogs may not be allowed at many beaches. Please check before you go and when allowed—dispose of its waste properly (bring small plastic bags with you).

#### What you can do as a BOATER:

- Never discharge untreated sewage directly into the water.
- Make certain you know the laws and best boating practices.
- For more details on best practices and for pumpout station locations, see our *Healthy Boating Equals Healthy Beaches* brochure [www.mainehealthybeaches.org](http://www.mainehealthybeaches.org)

#### What you can do as a CITIZEN:

- Maintain and routinely pump out your septic system.
- Report any illicit or questionable discharges to your local Code Enforcement Officer.
- Properly dispose of pet waste and/or livestock manure.
- Maintain appropriate vegetative buffers along waterways.

**Share the knowledge – many people are not aware that beach health risks exist!**

**Thank You.**

**[WWW.MAINEHEALTHYBEACHES.ORG](http://WWW.MAINEHEALTHYBEACHES.ORG)**

Funded by the U.S. Environmental Protection Agency through the Beaches Environmental Assessment and Coastal Health Act of 2000.

