Healthy Swimming
Starts With You.

Enjoy Orange County … Be Safe and Stay Healthy

The following precautions are advised to decrease the possibility of infection and injury when enjoying Orange County’s freshwater recreational amenities:

1) No Diving
   Diving in to shallow water can result in permanent injury or death.

2) Wear nose clips or hold your nose when swimming, jumping or diving in any fresh water.
   Closed nostrils reduce your risk of infection by amoeba, which is a rare but life threatening condition.

3) Do not swim in warm standing water, such as ponds, storm water retention areas or in areas posted “No Swimming”.
   Bacteria and other harmful organisms thrive in warm, standing water. Seek prompt medical attention if you become ill after swimming in freshwater.

4) Avoid feeding or contact with wildlife.
   Natural areas are home to many animals including snakes, raccoons, otters and alligators. Keep your distance.

5) Protect others.
   Discarded glass and trash can cause injury to bathers and wildlife, don't litter. Always swim with a partner and supervise children.

6) Be water safe.
   Do not go into the water unless you know how to swim. Never swim if you are impaired and never enter the water during or when expecting a storm.

For more information about freshwater safety:
Orange County Health Department
Division of Environmental Health
(407) 521-2630

For more information about freshwater ecology:
Orange County
Environmental Protection Division
(407) 836-1400