



# How to Avoid Superbugs by the Seaside

Practice good hygiene by washing your hands often with soap and clean water. Showering before and after visiting the beach can also help to reduce the risk of contracting or spreading superbugs!



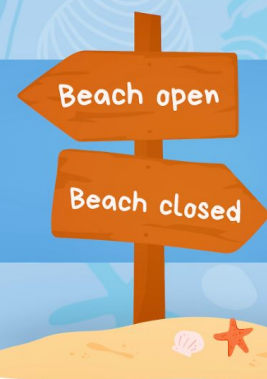
Protect any wounds by using waterproof bandages to cover open cuts or scrapes before entering water. Superbugs can enter the body through broken skin, leading to infections!

Swallowing even a small amount of water can expose you to superbugs. Stay safe by keeping your mouth closed while swimming, or by using a snorkel!



Heavy rain can wash contaminants into the water. Wait at least 1 to 2 days after rainfall before swimming to avoid potential exposure!

Be sure to follow any local water quality advisories, location closures, or warnings for murky water. These will normally be available online or posted on nearby signs!



**Sources:**

1. Leonard, A. F. C., Zhang, L., Balfour, A. J., Garside, R., Hawkey, P. M., Murray, A. K., Ukoumunne, O. C., & Gaze, W. H. (2016). Exposure to and colonisation by antibiotic-resistant *E. coli* in UK coastal water users: Environmental surveillance, exposure assessment, and epidemiological study (Beach Bum Survey). *Environment International*, 114, 326–333. <https://doi.org/10.1016/j.envint.2017.11.003>
2. Best Ways to Avoid Infection Illness When Swimming. (2021, June 14). [www.uhhospitals.org](http://www.uhhospitals.org); The Science of Health. <https://www.uhhospitals.org/blog/articles/2021/06/best-ways-to-avoid-infection-illness-when-you-swim>
3. Carney, R. L., Labbate, M., Siboni, N., Tagg, K. A., Mitrovic, S. M., & Seymour, J. R. (2019). Urban beaches are environmental hotspots for antibiotic resistance following rainfall. *Water research*, 167, 115081. <https://doi.org/10.1016/j.watres.2019.115081>