



Swim Diapers & Swim Pants

The use of swim diapers and swim pants may give many parents and pool staff a false sense of security regarding fecal contamination.

Little scientific information exists on how well swim diapers and swim pants are able to keep feces or infection-causing germs from leaking into the pool. Even though swim diapers and swim pants may hold in some feces, they are not leak proof and can still contaminate the pool water. It is unlikely that swim diapers are able to keep diarrheal stools, the most serious water contaminant, from leaking into the pool. No manufacturers claim these products prevent leakage of diarrhea into pools.



Parents should not allow their children enter the water when they are ill with diarrhea, even if they are wearing swim diapers or swim pants. They risk contaminating the pool and making other children sick.

Swim diapers and swim pants are not a substitute for frequent diaper changing. It is recommended that parents change their children often and make frequent trips to the toilet while swimming.

Pool operators should try and make sure that parents:

- Understand the importance of NOT swimming when ill with diarrhea.
- Plan regular and frequent (approximately every 30 to 60 minutes) diaper changing or trips to the toilet. This will reduce the chance of fecal contamination and can also reduce the amount of urine in the pool that binds with disinfectant and creates irritants in the air (see [Irritants \(Chloramines\) & Indoor Pool Air Quality \(/healthywater/swimming/pools/irritants-indoor-pool-air-quality.html\)](/healthywater/swimming/pools/irritants-indoor-pool-air-quality.html)).

Centers for Disease Control and Prevention 1600 Clifton Rd. Atlanta, GA 30333, USA
800-CDC-INFO (800-232-4636) TTY: (888) 232-6348, 24 Hours/Every Day -
cdcinfo@cdc.gov

