

# Know when to

## swim it

**With a buddy.  
When safety flags  
& signs say  
thumbs-up!**

## shore it

**If you have a cut on  
your skin,  
your immune system  
is weak, or  
you don't have a  
buddy with you.**

## dodge it

**Stay clear of living  
things near the  
shoreline & in the  
water like  
mosquitoes &  
algae blooms.**



Learn more at [FloridaHealth.gov/SwimIt-ShoreIt](https://FloridaHealth.gov/SwimIt-ShoreIt)

