

Water Safety

It only takes a moment for a child or weak swimmer to drown in the time it takes to reply to a text, check a fishing line or apply sunscreen. Death and injury from drownings happen every day in home pools and hot tubs, at the beach or in oceans, lakes, rivers and streams, bathtubs, and even buckets.



Precautions when you're around water (even if you're not planning to swim):

- Teach children to always ask permission to go near water.
- Even if lifeguards are present, a responsible adult should stay with the children.
- Keep young children within arms reach.
- Be a “water watcher” provide close and constant attention to children and avoid distractions including cell phones.
- Children, inexperienced swimmers, and all boaters should wear approved life jackets.
- Fence pools and spas with adequate barriers, including four-sided fencing that separates the water from the house.
- At the beach, always swim in a lifeguarded area.
- Keep toys not in use out of sight and away from pool.



Know the risks even if you're a strong swimmer

- Always swim with a buddy.
- Don't use alcohol or drugs (including certain prescription medications) before or while swimming, diving or supervising swimmers.
- Wear approved life jacket when boating or fishing, even if you don't intend to enter the water.

Helping Others if an emergency occurs:

- Knowing the signs that someone is drowning.
- Locate “reach and throw” devices and “don't go” into the water.
- Knowing CPR and first aid.
- Ask someone to call emergency medical services (EMS). If alone, give 2 minutes of care, then call EMS. Begin rescue breathing and CPR.

Know the facts

Drowning can happen in seconds and is often silent. It can happen to anyone, any time there is access to water.

- Drowning is the leading cause of injury death for children 1 to 4 year of age
- About 11 people die each day from drowning in the United States.



Dry drowning vs. secondary drowning

Both dry drowning and secondary drowning are serious health conditions that can be fatal.

Dry drowning sets in less than an hour after inhaling water. But secondary drowning, which is also rare, can happen up to 48 hours after a water incident.

Secondary drowning is caused by water that accumulates in the lungs, similar to what we think of as “real” drowning because it involves your lungs filling up with water. The water then causes breathing difficulties.

Notice the warning signs of dry drowning within an hour of getting out of the water.

Symptoms to watch for after a water incident include:

- difficulty breathing or speaking
- irritability or unusual behavior
- coughing
- chest pain
- low energy or sleepiness after a water incident

Don't delay , dial 911 if any symptoms appear.



**American
Red Cross**

Water Safety Tips

Swim in designated areas supervised by lifeguards.



Always swim with a buddy.



If you go boating, wear a life jacket!



Install and use barriers around your home pool or hot tub.



Actively supervise children whenever around the water.



Always stay within arm's reach of young children and avoid distractions.



Reach or throw aid to distressed swimmers – don't go!



Keep toys not in use away from the pool and out of sight.



Be water safe this summer. redcross.org/watersafetytips