

Water Safety

A child or weak swimmer can 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, bathtubs, hot tubs and even buckets as well as at the beach or in oceans, lakes, rivers and streams.

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

- Teach children to swim and 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 and never leave children alone near water.
- Use fence pools and spas with adequate barriers, including four-sided fencing that separates the water from the house.
- Keep toys not in use out of sight and away from pool.
- Never run, push or jump on others around or in the water.
- At the beach, always swim in a lifeguarded area or designated areas at lakes and rivers.
- Always swim with a buddy.
- Wear U.S. Coast Guard approved life jacket when near water and when boating or fishing, even if you don't intend to enter the water. Use jackets and swimwear that are easily visible in the water.
- Inflatable inner tubes and "water wings/floaties" are not safety devices.
- Be a "water watcher" - provide close and constant attention to children and avoid distractions including cell phones.
- Don't use alcohol or drugs (including certain prescription medications) before or while swimming, diving or supervising swimmers.
- Empty bathtubs, buckets and wading pools after use.
- Keep bathroom doors and laundry room doors closed and toilet seats down and latched.

Helping Others if an emergency occurs:

- Know the signs that someone is drowning and locate "reach and throw" devices.
- Know infant, child and adult CPR and first aid.
- Call 911.



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 of 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.

