

# DROWNING

A leading cause of injury-related deaths in youth

Be prepared — share these tips & help **#preventdrowning**:



**DON'T  
CONSUME**



**DON'T  
USE**



**DON'T  
READ**

## Supervise Closely—*Avoid Distractions!*

Designate a **responsible adult** who's job is to watch each child closely & constantly when in or near water (including bath time).

## Learn swimming & water safety skills.

**Swimming lessons** help to reduce risk of drowning.

## Swim with a lifeguard.

**\*EVEN STRONG SWIMMERS CAN BE IN DANGER\***

When the **unexpected happens**, lifeguards can help swimmers to stay safe.

## Wear a Life Jacket.

Do not rely on air-filled or foam toys—these are not safety devices.

## Install a Fence & Gate.

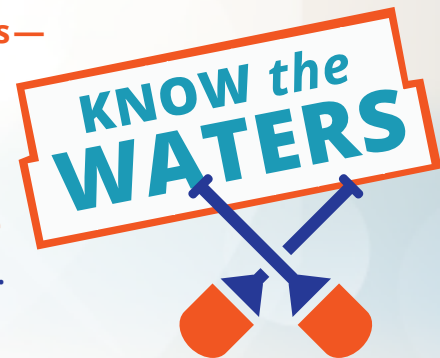
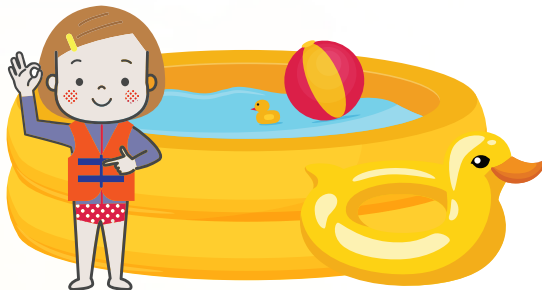
Fully enclose your pool with a fence and a self-closing / self-latching gate.

## Be Prepared.

Check if **designated swim area is safe**—make sure there is a lifeguard on duty and pack a life jacket.

## Follow Boating Laws & Regulations.

Be **responsible** when cruising, sailing, kayaking, fishing, or paddleboarding.



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**SWIM & RECREATE RESPONSIBLY >>**  
**hiprc.org / drowning-prevention**

