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.

DON'T READ
DON'T USE
DON'T CONSUME

KNOW the WATERS

Source: Centers for Disease Control & Prevention (CDC)