

# DROWNING

is a **leading cause** of injury-related  
**Deaths in Youth**

You can **#PreventDrowning** – help share these key messages:



**DON'T CONSUME**



**DON'T USE**



**DON'T READ**



## **Supervise Closely** \*AVOID DISTRACTIONS\*

Designate a **responsible adult** to supervise each child closely and constantly **when in or near water** (including bath time).

## **Learn Swimming & Water Safety Skills**

\***SWIMMING LESSONS**\* **reduce the risk** of drowning.

## **Swim with a Buddy**

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

When the unexpected happens, the **"Buddy System"** can keep **all swimmers safe**—it is especially important for those at **higher risk** of drowning (including those with medical conditions).

## **Wear a Life Jacket** \*DO NOT RELY\*

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

## **Install a Fence & Gate**

\***SELF-CLOSING & LATCHING**\*

**Fully enclose** your pool for safety.

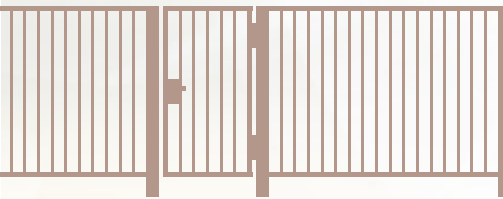


## **Swim at your Own Risk**

\***BE PREPARED**\* Open water conditions can change in a **matter of seconds!**

## **Know the Laws** \*PRACTICE BOATING SAFETY\*

**Be responsible** when you cruise, sail, kayak, fish or paddleboard.



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

