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

You can #PreventDrowning — help share these key messages:

- **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.

**Source:** Centers for Disease Control & Prevention (CDC)