



Drowning Prevention

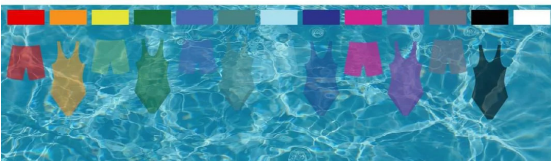
Drowning is when a person's nose and mouth are submerged under water for too long and they cannot breathe. Young children are at the highest risk of drowning. Drowning is not always fatal.

Drowning Prevention:

- Learn how to swim and water safety skills. Teach children the same skills.
- Pools should be fully enclosed with a fence. The fence should be at least four feet high with a self-closing, self-latching gate.
- A designated adult should be assigned to watch children when in or near water, including the bathtub. Adults watching kids in or near water should avoid any other distractions, such as reading, using their phones, and consuming alcohol or drugs. Adults should supervise children closely, even when there is a lifeguard present.
- Life jackets reduce the risk of drowning for people of all ages and swimming abilities. Ensure your life jacket is approved by the U.S. Coast Guard and that it fits properly.
- Learn CPR. Learning CPR could save someone's life if drowning does occur.
- Know the dangers of natural waters. Keep an eye on the weather as conditions can change quickly, and may result in flash floods, currents, or unsafe conditions.
- Use the buddy system and never go swimming alone.
- Understand the impacts of substances and medical conditions. Some substances and medical conditions can lead to increased risk, such as epilepsy.
- Choose swimsuits that are high contrast to the surrounding water.

Swimsuit Color Test Results

In the Pool



In the Lake

