



# WATER SAFETY TIPS



## **SUPERVISE**

Parents should provide 'touch supervision' & be close enough to reach the child at all times. Because drowning occurs quickly & quietly, adults should not be involved in distracting activities, even if lifeguards are present.

## **AIR FILLED OR FOAM TOYS**

Air filled or foam toys such as 'water wings' and 'noodles' are not designed to keep children safe in the water. Do not use these in place of a US Coast Guard Approved life jacket.

## **PREVENT WATER ILLNESSES**

Parents can help prevent recreational water illnesses (RWI's) by keeping the following in mind: Do not swim if you have diarrhea (or in the past 14 days), use a waterproof swim diaper, take children to use the restroom often - before they say they need to go!

## **AVOID ALCOHOL & BREATH-HOLDING**

Remember alcohol impairs judgement & breath-holding can lead to black-outs.

## **USE SUNSCREEN, HATS & SUNGLASSES**

Protect their skin and re-apply often!

## **LEARN TO SWIM & LEARN CPR**

Swimming lessons saves lives, and learning CPR can help sustain life until emergency help arrives.

## **FOR POOLS AT HOME**

Install barriers & fences at least 4 feet high and always supervise! Children can drown in 1" of water.