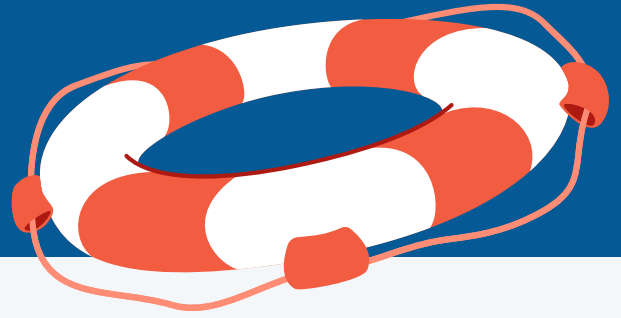


Water Safety

Stay safe around water this summer.



What does drowning look like?

Someone might be drowning if they are facing the shore, treading water, gasping for air, panicking, waving their arms, struggling to call for help, becoming quiet, trying to roll over on their back, or if they have their mouth at water level. If someone is missing, check the water!

If someone is drowning, call 911. If you can, safely throw a flotation device, or another object to increase your reach. Once the person is on dry land, begin CPR. Use an automated external defibrillator (AED) if available.



General tips

- Stick to swimming where you know you can handle it safely. Swim in places with lifeguards when possible.
- Always have an adult watching any children who are swimming. Adults should watch children without any distractions like reading, texting, talking on the phone, or drinking alcohol.
- Do not dive or jump into water less than 12 feet deep, whether it's a natural body of water or a pool. Doing this can lead to injuries and drowning.
- Always swim with a buddy. Swim buddies should keep each other from wandering off alone. Remember to walk, not run, around pools.
- Do not horseplay around a pool, like lifting, dunking, and tossing in water. Someone can get hurt.
- Be mindful of weather conditions like thunderstorms. If you hear thunder or see lightning, exit the water immediately.
- Have a checklist of nearby ponds, lakes, and pools to search if a child wanders.



Lifejackets (personal flotation device)

A life jacket or personal floatation device (PFD) helps you stay afloat in the water. Small children and those with limited swimming skills should wear life jackets in all bodies of water. Everyone should always wear a life jacket when in a boat, kayak, canoe, or paddleboard. Make sure your life jacket is U.S. Coast Guard-approved.



Swimming in lakes, rivers, and the ocean

Be cautious around areas where the water suddenly drops off or gets deeper. If you get caught in a current, try to swim parallel to the shore until the current gets weaker. When entering the water, do so slowly, allowing your body to adjust to the temperature. Look out for warning signs about water quality. If you're not sure if the water is safe, don't go in the water.

People with disabilities, including autism, and other medical conditions

Take extra precaution around water if you or a family member has conditions that can increase drowning risk, like heart conditions or autism spectrum disorder (ASD). For example, consider swimming lessons in wet clothes and shoes for children with ASD who tend to wander and create a family supervision plan.