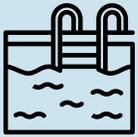


# 8 TIPS FOR WATER SAFETY

Summertime is almost here! Warmer days and sunshine mean can mean more time spent outdoors and around water.\* It is important that people of all ages know basic water safety. Drowning is the leading cause of death for children 1 to 4 years and the second leading cause of death for unintentional injury death of ages 5 to 14 years. Here are some tips to keep you and your family safe!



Teach children to always ask permission to go near water.



Supervise children in and around the water, even if there is a lifeguard, and know the signs of drowning.



Never swim alone.



Keep watch for any flags, signs, or banners that warn against unsafe swimming conditions. Learn to recognize common water hazards.



Young or inexperienced swimmers should wear a well-fitting life vest in and around water.



People of all ages should wear a life jacket when boating or in any open body of water (river, ocean, etc.).



Teach children not to push and shove each other in the water or play games where they hold their breath.



Make sure everyone in the family has basic swimming skills, like knowing how to float and tread water. Many cities, YMCAs, and community centers offer free or very low-cost swimming lessons.