Drowning Prevention

Drowning Is

#1 **Cause of unintentional death**

For Children 1 to 4 Years of Age

A Drowning Can Occur:

- **In as little as 2" of water**
- **In just seconds**
- **And is often silent**

YOU CAN PREVENT DROWNING:

- **Swimming Classes and Water Safety Skills**
  Formal swimming lessons can reduce the risk of drowning. Small children who have had swimming lessons still need close and constant supervision when in or around water.

- **Install Fences That Fully Enclose the Pool**
  Also, remove all toys from the pool area that might attract children to the pool.

- **Supervise Children Closely**
  Designate a responsible adult to supervise closely and constantly when children are in or near water, including bathtubs, toilets, buckets, pools, lakes and canals.

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YOU CAN PREVENT DROWNING: (Cont.)

- **Life Jackets**
  Can reduce the risk of drowning while boating or swimming for people of all ages and swim abilities. Do not rely on air-filled or foam toys.
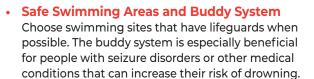
- **CPR Lessons**
  CPR skills could save someone's life in the time it takes for paramedics to arrive. Scan QR codes to see infant and adult/child CPR videos.

  Infant CPR Video   **Adult/Child CPR Video**

- **Safe Swimming Areas and Buddy System**
  Choose swimming sites that have lifeguards when possible. The buddy system is especially beneficial for people with seizure disorders or other medical conditions that can increase their risk of drowning.

- **Consider the Effects of Medications**
  Avoid swimming when taking medications that impair balance, coordination, or judgement.

RESOURCES FOR WATER SAFETY:

- *EveryChildASwimmer.org*
  Swim schools that provide scholarships

- *WaterSmartBroward.org*
  Apply for a swim voucher available to Broward county residents

- *WaterSmartFlorida.org*
  Additional water safety resources

- *MHS.net/InjuryPrevention*

Scan QR code to read Joe DiMaggio Children's Hospital blog:

Learn more about swim lessons and keeping your kids safe.

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BROWARD COUNTY