

Drowning is the #1 Cause of Death Among Children Ages 1 to 4



Facts You Need to Know About Drowning

- The main cause of drowning can be directly traced to an action or inaction by a parent or adult . . . good people making small mistakes that have tragic consequences.
- Most parents of a drowning victim say, “I can’t believe this happened to my child” . . . they never realized how quickly a drowning incident could become their reality.
- Most children pulled from the water during a drowning incident are wearing regular clothes . . . not a swim suit.

Simple Steps Save Lives

Supervision

- Supervising your children means eyes on them, and your full attention
- Do not rely on responsible behavior from an older child or other adults

Supervision Fails, Be Vigilant with **Extra Layers of Protection**

- Door alarms to alert a child leaving the home unsupervised
- Use of “isolation” fence to separate pool area from the house and rest of the backyard
- Self-closing gates that self-latch
- Clear the area around the fence for objects children could use to climb over
- Learn to swim, parents and child

Be Aware of Water Hazards

- Any water: bathtub, garden pond, swimming pool, bucket/container of water, canal, lake, beach

Know How to Respond to an Emergency

- Learn CPR
- Remove the child from the water immediately
- Call 9-1-1, begin CPR

Talk To Your Child

- “Don’t go near a pool or other water without an adult”
- “If you see someone in trouble in the water, don’t jump in to help them! Run and get an adult”
- “If you fall into a pool, turn in the water, find the wall, and climb out or yell for help.” Practice this technique in the pool.

Take Action Now and think, “I know this could happen to my child, and I will do whatever it takes to prevent it.”

- **Enroll your child (and yourself) in swim lessons**
- **Learn CPR with rescue breaths**

To learn about available coupons for swim lessons, location of swim classes and CPR training, visit: Watersmartbroward.org

