

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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Joe DiMaggio  **Children's Hospital®**

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 \$40 swim voucher available to Broward county residents

- **WaterSmartFlorida.org**

Additional water safety resources

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

Learn more about swim lessons and keeping your kids safe.



**SAFE
KIDS**
BROWARD
COUNTY