



Water and Pool Safety



When the weather gets warm, many people go swimming. It's very important to know how to stay safe in and around water. Please follow these tips to stay safe and enjoy your summer.

Never leave your child alone near the water or leave him/her with another person, even if a lifeguard is present.

- Stay within arm's reach of infants and toddlers and give them 100% of your attention. A child can drown in the time it takes to answer the phone.
- When you are near water, be alert and stay close to children and those who can't swim.
- Only adults who know how to swim should supervise children near water.

Teach children water safety basics:

- Learn how to swim.
- Never go near the water without an adult. Always ask permission.
- Only swim when someone is watching you.
- Always swim with a buddy, never swim alone.
- Always wear a life jacket on any kind of boat.
- Never have a breath-holding contest.
- Know how and when to call 9-1-1.
- No running near the pool.
- No electrical appliances or glass near the pool.
- No diving in shallow water.

Stay away from pool drains and suction fittings that can entrap your clothing, hair, jewelry, or limbs. Don't swim in a public pool that does not have a safety drain cover.

Make a water safety kit and keep it with you when you go near water. Include a first aid kit, a pair of scissors, a portable phone, and a flotation device.

If your child or an adult who can't swim is missing, check the water first.

Adults, limit alcohol use when you plan to swim.

Be aware of and watch for secondary drowning. Also called “dry drowning,” secondary drowning can occur if someone has inhaled water or has had a near drowning episode. It can happen after the person has come out of the water.

Look for trouble breathing, sudden changes in behavior, or extreme fatigue. Fluid can build up in the person’s lungs and cause pulmonary edema, which can keep oxygen from reaching the blood. Seek medical help **immediately** if you suspect secondary drowning.

If you have a pool or spa, consider the following:

- Install a fence around the perimeter of the pool or spa that is at least 4 feet tall.
- Ensure the gate is self-closing and opens outward, away from the pool. The latch should be out of a small child’s reach.
- Remove the ladder and secure the cover to an above-ground pool when not in use.
- Cover the spa after every use.
- Install a safety drain cover.
- Keep toys out of sight when the pool is not in use.
- Empty inflatable or portable pools after each use.
- Make sure trees, furniture, and other structures are far enough away from the fence to the pool so little ones cannot climb them to gain access.
- Install a surface wave or underwater alarm.
- Know how to perform CPR on both children and adults, and update your skills regularly.
- Keep life jackets or other flotation devices and a reaching pole handy.
- Keep pool and spa chemicals locked away.

General Water Safety

Since infants and toddlers can drown in as little as one inch of water, be sure to:

- Drain all tubs, sinks, and buckets immediately after use.
- Close the lid on the toilet and use a toilet seat lock.
- Keep the bathroom and laundry room doors closed.