

WATER SAFETY FOR FAMILIES

DROWNING CAN HAPPEN TO ANY FAMILY. IT IS QUICK AND IT IS SILENT. DROWNING IS THE SINGLE-LEADING CAUSE OF DEATH AMONG CHILDREN AGES 1 TO 4 YEARS OLD.



4-SIDED POOL FENCING

A fence that surrounds the pool is specially designed so that children cannot easily get over, under, or through it.



LIFE JACKETS

U.S. Coast Guard Approved: Use for open bodies of water and at pools for young children and unskilled swimmers.



SUPERVISION

Be watchful. Keep distractions such as cell phones away and assign a water watcher.



SWIM LESSONS

High quality, low-cost lessons are typically available through your city. Swim lessons can help reduce the risk of drowning for children. Some kids may be ready to start swim lessons after age 1.



CPR TRAINING

Immediate rescuing at the drowning site. Focus on the airway and rescue breathing before compressions. All parents and guardians should have CPR training.



For more information visit www.aap-oc.org/pcdp or scan the QR Code, save the PDF or screen shot it!