

Swimming and Water Safety



parents protect their children.

School is out and the weather is warm- the summer months are here! During hot summer days many people like to relax by going to the pool or the lake. Swimming is extremely popular, good exercise and fun – but caution must be present. Drowning is the second leading cause of death for children ages 1 to 14 years.¹ Here are some things parents can do to keep their kids safe while swimming this summer.

- **Keep a Close Watch on Children**

According to the CDC, most drownings among children ages 1-4 happened in pools at houses while both parents were home. It is important to keep a close eye on children of all ages around pools, especially young children under the age of 5. Fences around pools and life jackets help

- **Do Not Swim Alone**

No matter what age, it is not a smart idea to swim alone, especially in waters that are new to the swimmer. Swimming with buddies or where lifeguards are on duty are always safest options.

- **Always Obey Posted Warning Signs and Rules**

- **Always Put Swim Diapers on Young Children**

It is very easy to spread and catch diseases spread by water, and children with regular diapers on or no diapers at all, are at risk for spreading and catching these dangerous diseases.

- **Do Not Swim With Diarrhea**

Swimming with diarrhea is one of the easiest ways to spread diseases that live in pool water. If you or your kids are sick, do not swim until you can no longer spread the illness.

For more information see:

Centers for Disease Control and Prevention: <http://www.cdc.gov/healthywater/swimming/>

¹ Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online]. [cited 2011 Apr 6]. Available from: URL: <http://www.cdc.gov/injury/wisqars>

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