



**American Heart Association.**

**LEARN CPR**

For drowning, the American Heart Association recommends rescue breaths along with compressions.



**REMEMBER LIFE JACKETS**

Half of all boating deaths could be prevented with their use.

**LEARN TO SWIM**

Drowning is the second-leading cause of death in children between ages 1 and 4.



**SECURE THE POOL**

Install fencing with self-closing gates at least 4-feet high to separate the pool from the house and yard.

# STAYING SAFE *in the water*

**TEACH SAFETY**

Talk about risky behavior: diving or swimming in unfamiliar water, and alcohol or drug use while in or near water.



**FAMILY'S SAFETY PLAN**

It's important for everyone in the family to be trained in CPR.

NO DIVING!

NO RUNNING!

**CLEAR OUT POOL TOYS**

Make sure children aren't tempted to play unsupervised.



Sources: Centers for Disease Control and Prevention, National Drowning Prevention Alliance  
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