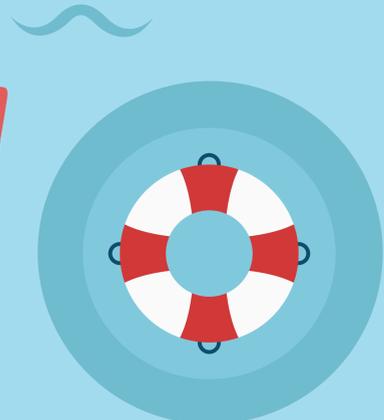




Swimming Safety



Drowning Prevention Tips

Drowning is one of the most common causes of accidental deaths in the United States.



According to the CDC, drowning is the second leading cause of death for children ages 1-14.



Arkansas has the 5th highest drowning rate for children ages 6-12.

It only takes a few minutes for someone to drown, and it often happens quietly. Here are tips to keep you and your child safe while at the pool or lake this summer.

Never leave your child or teen alone while they are swimming. Make sure you or someone is watching them, even if you are swimming nearby or lifeguards and adults are around.

Stay off your phone and put down the book, because it only takes minutes for a child to drown.



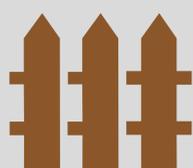
Wear a life jacket if you are on the lake or river. In Arkansas, children 12 years and younger must wear a life jacket at all times while on an open body of water.

Make sure you and your child know how to swim. If you don't, you can take swimming lessons from a qualified teacher. According to the American Academy of Pediatrics, some children may be ready to learn to swim after the age of 1.



Knowing how to swim can reduce the risk of drowning, but even good swimmers have drowned because of health issues like muscle cramps, fatigue, or injuries from falling in.

If you or your child want to get in the water but don't know how to swim, wear a life jacket. **Blow up toys, rafts or "floaties" do not protect you or your child like a life jacket can.*



If you have a pool, make sure it is surrounded by a fence that is at least four feet high, cannot be climbed over, and has a gate that can be locked.

Keep pool toys out of the pool when they are not being used so that children aren't tempted to go after them and accidentally fall in.



Make sure you or someone with you knows how to do CPR.

