

# WATER SAFETY

## WELLNESS TIPS



While you're cooling off in the water this summer, make sure to stay safe.

### General safety tips

- Learn to swim.
- Always swim with someone.
- Check weather conditions before swimming.
- Avoid alcohol when swimming or boating.
- Learn CPR.
- Teach your children to swim.
- Supervise children when they are in the water.

### Take care at the lake or pond

- » Be aware that lakes and ponds can be shallow near the bank and increase sharply in depth.
- » Wear foot protection to avoid injury from jagged rocks, broken glass or trash.
- » Watch out for weeds and grass that could entangle your child's legs or arms.

### Be aware at the ocean

- » Check with the lifeguard about water conditions, including current and tide information.
- » Don't allow kids to swim in large waves or with their backs to oncoming waves.
- » Teach kids that if they're caught in a current or undertow, they should swim parallel to the shore or should tread water and call for a lifeguard's help.
- » Tell kids to avoid jellyfish in the water and to inform an adult right away if they're stung.

For more information on water safety tips, visit the American Red Cross web site at <http://www.redcross.org/services/hss/tips/healthtips/safetywater.html>.



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