



DROWNING MAY NOT LOOK LIKE ***DROWNING***

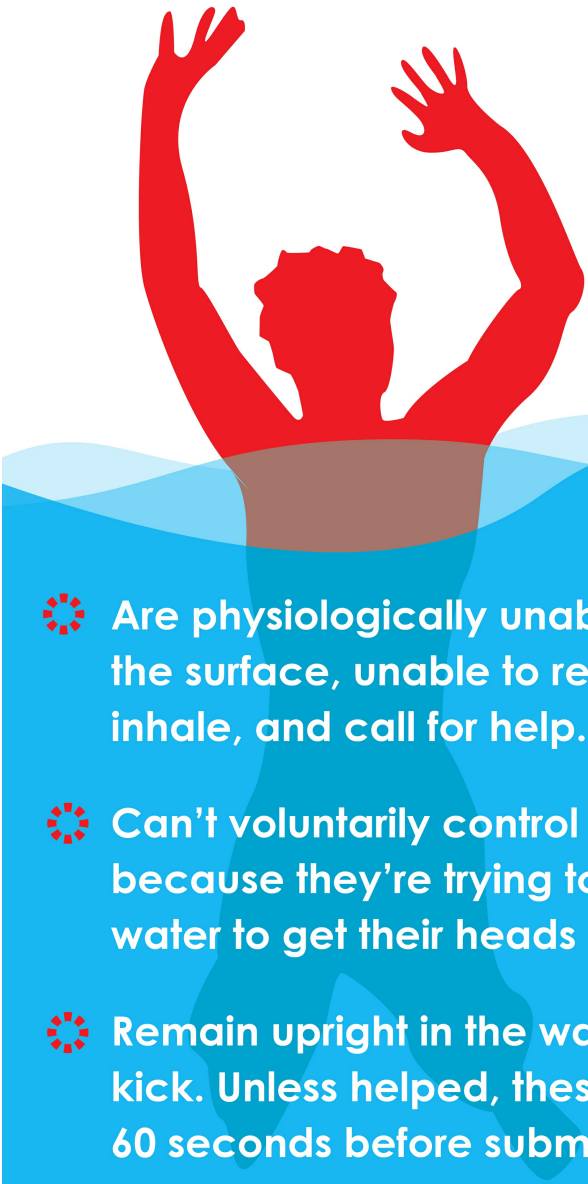
Movies and TV have created a false projection of what drowning looks like. There is usually very little splashing, waving, and yelling or calls for help.

Of the approximately **750** children who drown every year, about **half** of them will do it within **25 yards** of a parent or other adult. In **10%** of those drownings, an adult will **actually watch them do it**, having no idea it's happening.

Learn what drowning really looks like and save a life!



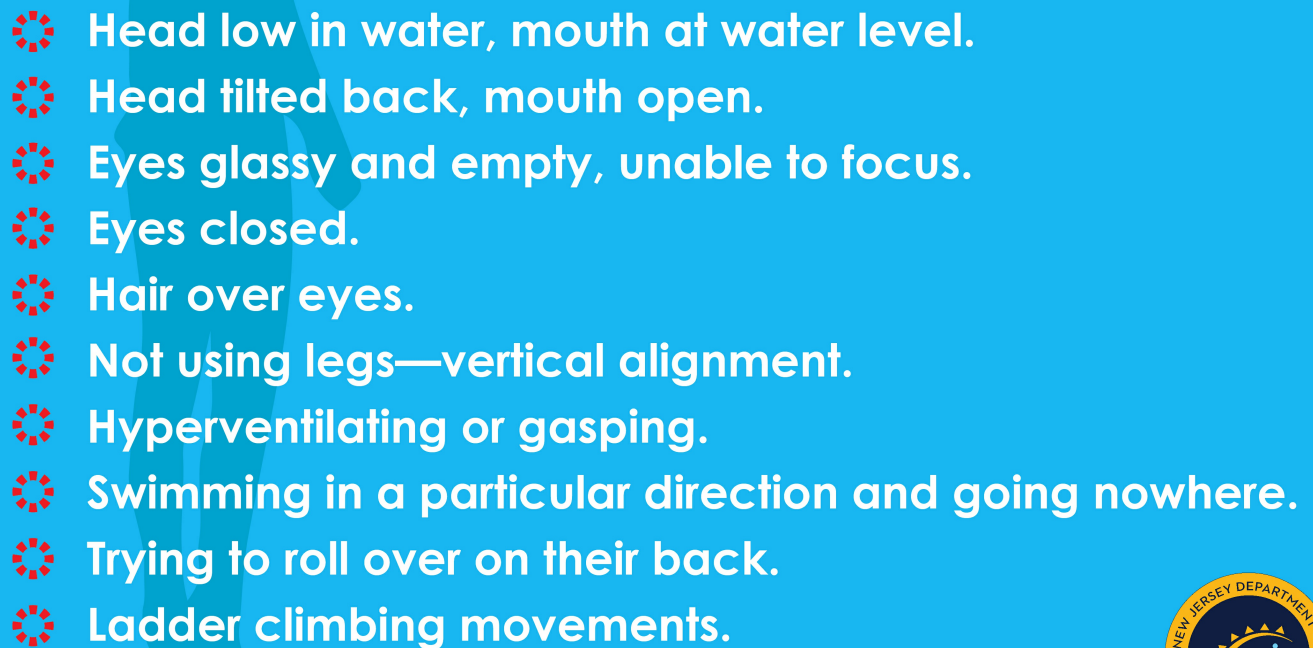
DROWNING PEOPLE*

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- ❁ Are physiologically unable to call for help. Their mouths sink below the surface, unable to remain above it long enough to exhale, inhale, and call for help.
 - ❁ Can't voluntarily control their arms. They're unable to wave, because they're trying to use their arms to press down on the water to get their heads up.
 - ❁ Remain upright in the water, with no evidence of a supporting kick. Unless helped, these people struggle at the surface for 20 to 60 seconds before submersion.

*Dr. Francesco Pia, "The Instinctive Drowning Response".



WHAT ARE THE SIGNS OF DROWNING?

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- An illustration of a person in water, with their head and shoulders above the surface. The person's head is tilted back, and their mouth is open. The water is depicted with blue waves. The person's hair is red, and their body is a dark blue silhouette. The background is a light blue gradient.
- ❁ Head low in water, mouth at water level.
 - ❁ Head tilted back, mouth open.
 - ❁ Eyes glassy and empty, unable to focus.
 - ❁ Eyes closed.
 - ❁ Hair over eyes.
 - ❁ Not using legs—vertical alignment.
 - ❁ Hyperventilating or gasping.
 - ❁ Swimming in a particular direction and going nowhere.
 - ❁ Trying to roll over on their back.
 - ❁ Ladder climbing movements.





If you notice someone who looks like they're drowning, ask:

"ARE YOU ALRIGHT?!"

If they answer you back—they probably are.

If they return a blank stare, you may have less than **30 seconds** to get to them.

REMEMBER: Children playing in water make noise. If they go quiet, get to them and find out why.



DRY DROWNING & SECONDARY DROWNING:

Although not medical terms, these are two serious water-related conditions. Dry Drowning occurs when water is inhaled through the nose or mouth, causing a spasm in the airway, making it hard to breathe. With secondary or "delayed" drowning, water does get into the lungs, irritating the lining and creating further fluid build-up. This can get worse over time, resulting in suffocation and death.

If your child experiences breathing difficulty 6-12 hours after spending time in water, seek medical attention. Possible symptoms include:

- ☉ Uncontrollable Coughing
- ☉ Wheezing
- ☉ Chest Pain
- ☉ High Fever
- ☉ Vomiting
- ☉ Extreme Fatigue



A young child with brown hair, wearing a white sleeveless top with pink floral patterns and a pink skirt, is sitting on the edge of a swimming pool. The child is looking down at the water. The pool is filled with clear blue water, and the surrounding area is paved with small, light-colored stones.

Never Leave Children Alone Near Water.

Not Even For A Second!

A child can drown in just a few inches of water within seconds – often without any splashing or screaming.

Prevent a tragedy before it happens.

Drowning is one of the leading causes of child deaths each year.

Keep your kids safe around water by following these simple guidelines:

- ▶ Never leave a child unattended around water.
- ▶ Teach your child to swim at an early age – always have an ADULT supervising.
- ▶ Flotation devices or inflatable toys are not substitutes for supervision.
- ▶ Don't mix alcohol and supervision of children near water.
- ▶ Enclose pools completely with a self-locking, self-closing fence, and don't leave furniture around that children can use to climb over the fence.
- ▶ Never leave toys in the pool – children may be tempted to reach for them later.
- ▶ Be sure that the adult watching your child knows how to swim, get emergency help and perform CPR.
- ▶ Keep rescue equipment (such as life preserver or shepherd's hook) and a telephone near the pool.
- ▶ Be sure to remove pool covers completely to reduce the risk of children getting caught underneath.
- ▶ Always drain and store in an upright position all plastic or blow-up wading pools after use.
- ▶ Secure the pool so that children cannot get back in after they are finished swimming.



NEW JERSEY DEPARTMENT
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A young child with short brown hair, wearing a white sleeveless top with pink floral patterns and a pink skirt, is sitting on the edge of a swimming pool. The child is looking down at the water. The pool is filled with clear blue water, and the surrounding area is paved with small, light-colored stones.

Nunca Deje A Un Niño Desatendido Cerca Del Agua.

¡Ni por un segundo!

Un niño se puede ahogar en solo unas pulgadas de agua en segundos – sin ningún ruido o gritos.

Prevenga una tragedia antes que ocurra.

Cada año, el ahogamiento es una de las causas principales de muertes de niños.

Siga estas simples reglas de seguridad cuando los niños estén cerca del agua:

- ▶ Nunca deje solo a un niño donde haya agua.
- ▶ Enseñe a su hijo a nadar desde pequeño – y recuerde que siempre debe haber un ADULTO supervisándolo.
- ▶ Los dispositivos para flotar o juguetes inflables no son sustitutos para la supervisión.
- ▶ No tome bebidas alcohólicas cuando este supervisando los niños cerca del agua.
- ▶ La piscina debe estar completamente cercada con una puerta que se cierre automáticamente y mantenga los muebles a una distancia razonable de la piscina o la cerca para que los niños no puedan treparse sobre ellas y brincar la cerca.
- ▶ Nunca deje juguetes en la piscina – los niños podrían intentar recuperarlos.
- ▶ Asegúrese de que el adulto que está cuidando a los niños sepa nadar, obtener ayuda de emergencia y dar resucitación cardiopulmonar.
- ▶ Tenga equipo de rescate (como chalecos salvavidas o un gancho largo) y un teléfono cerca de la piscina.
- ▶ Asegúrese de quitarle la cubierta completamente a la piscina para reducir el riesgo de que los niños sean atrapados debajo de ella.
- ▶ Siempre vacíe y guarde la piscina portátil plástica o inflable en posición vertical.
- ▶ Asegure la piscina para que los niños no puedan regresar hacia ella después que han terminado de nadar.



DEPARTAMENTO DE NIÑOS
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NOT EVEN FOR A SECOND!



WATER SAFETY TIPS FOR CHILDREN AND ADULTS

- Never leave children swimming unattended. Drowning can occur in an inch or two of water.
- Stay within an arm's length of small children in water to protect against rapid drowning.
- Warn children to never swim at a pool or beach alone or without a lifeguard.
- Train children to swim at an early age.
- Teach children that swimming in a pool is far different than swimming in open water.
- Be certain only qualified and undistracted adults are entrusted with supervising children in water.
- Always empty inflatable pools, buckets, pails and bathtubs after each use.
- Personal floatation devices do not guarantee water safety.

