

Protect your child from drowning outside your home

Children love to play with water. But water can be dangerous. Follow these *Safer 3* rules: for **Safer Water, Safer Kids and Safer Response**.

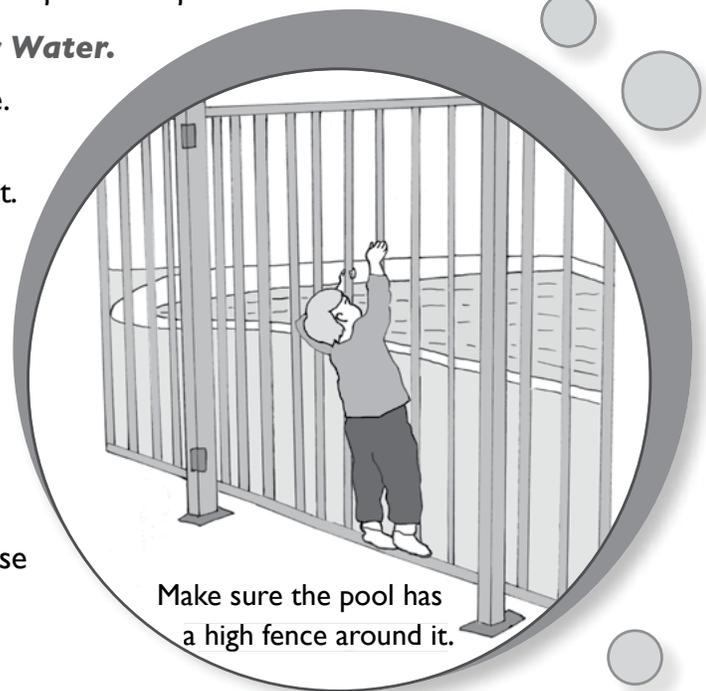
Use fences and alarms to make water safer



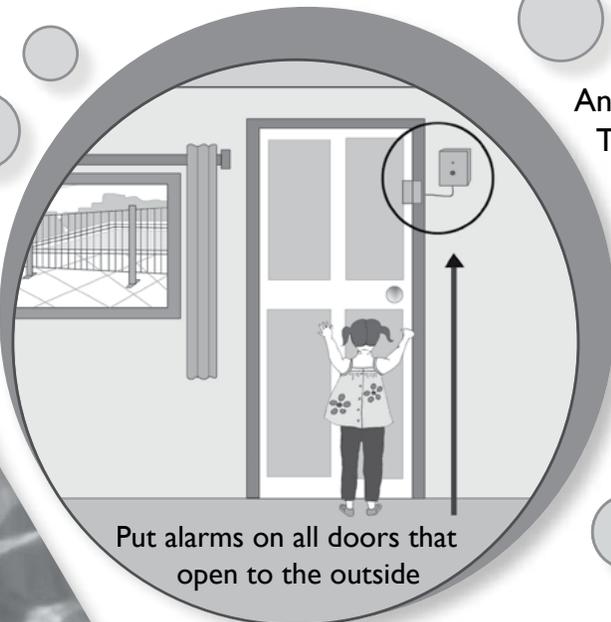
Andrea and Mike loved their new apartment. But while they were unpacking, their 3-year-old son Bobby unlocked the door and ran outside. When Andrea saw the door open, she got scared. Bobby said that he wanted to play in the apartment pool.

✓ Check the ways you can have *Safer Water*.

- Install alarms on all doors that lead outside.
- If there is a swimming pool near your home, make sure a high fence goes all the way around it. The gate should close and latch by itself.
- Make sure everyone who cares for your child knows about nearby water dangers.
- If your child is missing, check nearby pools and other water areas first.
- Teach your child that he or she must never play in water unless you are watching.
- Do not let your child play near pool drains because children can get stuck on them.



Make sure the pool has a high fence around it.

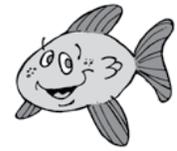


Put alarms on all doors that open to the outside

Andrea caught Bobby before he could get to the pool. Then she told the apartment manager to put an alarm on her door. Now Bobby can't sneak outside. Mike also asked the apartment manager to put a higher fence around the pool so all the children living there will be safer. ❖



Watch children carefully during water play.

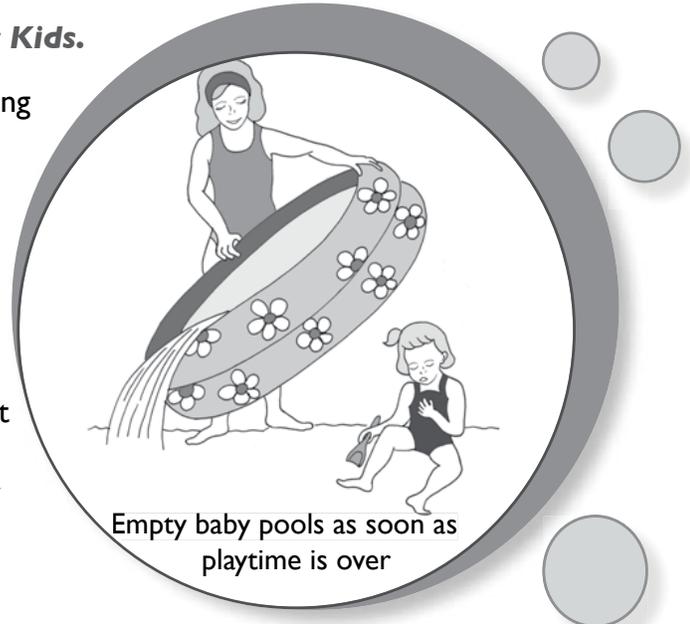


Nancy watched her 3-year-old daughter Morgan play in a plastic wading pool. But when it was time to go inside for lunch, Morgan asked her mother to leave the water in the pool.

✓ Check the ways you can have Safer Kids.

- Empty plastic and blow-up pools before taking your child inside.
- When your child is playing in or near water, keep your eyes on him or her all the time.
- Take your child to swimming lessons. If you don't know how to swim, learn how.

Nancy remembered a news story about a boy who drowned in a baby pool that had been left full of water. Nancy emptied the pool and told Morgan she could play in it again tomorrow. ❖



Know what to do in a drowning emergency.

Shantell and her 4-year-old son Dale were at a church picnic near a lake. Dale walked into knee-deep water when he suddenly sank into deep water. Shantell screamed, "My baby!" and ran into the water to grab Dale, but she too sank into deep water.

✓ Check the ways you can plan for a Safer Response.

- Swim only at lifeguarded public pools and beaches.
- Put a U.S. Coast Guard approved life vest on all children who can't swim.

Don't trust blow-up armbands and rings. These toys can't keep your child safe.

- Watch your children carefully. Lifeguards are not babysitters.
- Never jump in the water to rescue someone. You both could drown. Call for help and reach out with something he can grab, like a pole, then pull him to safety.
- Make sure you and all your child's babysitters are trained in CPR.

Luckily, two people in the group were trained lifeguards. They pulled Shantell and Dale out of the water. Dale wasn't breathing, so someone gave him CPR. Someone else called 9-1-1. Dale spent the night in a hospital but he got better. Now Shantell and her son are both learning to swim. Shantell is also learning CPR. ❖



For information about water safety programs, contact us at 239- 552-7788 or visit us at www.safehealthychildren.org