WATER SAFETY - DROWNING INFO

WHY IS IT IMPORTANT?

- Death and injury from drownings occur every day
- Drownings occur in the time it takes to apply sunscreen, check a fishing line and replying to a text

WHAT CAN YOU DO?

- BE Water Smart
- GAIN Swimming Skills
- LEARN To Help Others

WATER SMART

- Never swim alone
- Avoid consuming alcohol and certain medications before swimming
- Wear an appropriate life jacket
- Learn the risks of various water environments

SWIMMING SKILLS

Learn How To:

- Enter water that’s over your head, then return to the surface
- Float or tread water for at least 1 minute
- Turn over and turn around in the water
- Swim at least 25 yards
- Exit the water

*Montana and Wyoming have 2 deaths/100,000/year

HELP OTHERS

- Paying close attention to children or weak swimmers you are supervising in or near water
- Knowing the signs that someone is drowning
- Knowing ways to safely assist a drowning person, such as “reach or throw, don’t go”
- Knowing CPR and first aid

Drowning death rates for American Indian or Alaska Native people aged 29 and younger are 2 times higher than the rates for White people

*People with seizures and other medical conditions are at higher risk for drowning

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WHY IS IT IMPORTANT?

- Children ages 1-4 die from drowning more than any other causes
- Drowning is 2nd leading cause of death in children aged 1-14
- Overall, in the US there are 11 fatal deaths/day and 22 drownings/day

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SOURCE:
1. HTTPS://WWW.REDCROSS.ORG/GET-HELP/HOW-TO-PREPARE-FOR-EMERGENCIES/TYPES-OF-EMERGENCIES/WATER-SAFETY.HTML
2. HTTPS://WWW.THPRD.ORG/ACTIVITIES/AQUATICS/WATER-SAFETY-PROGRAMS
3. HTTPS://WWW.CDC.GOV/DROWNING/FACTS/INDEX.HTML