

Real signs of Drowning

- ◆ Head low in the water, mouth at water level ;OR the head is tilted back with mouth open
- ◆ Eyes glassy and unable to focus: or closed
- ◆ Legs are vertical
- ◆ Appear to be trying to roll over on the back
- ◆ Appear to be climbing an invisible leader

Water Safety Starts
with You.....

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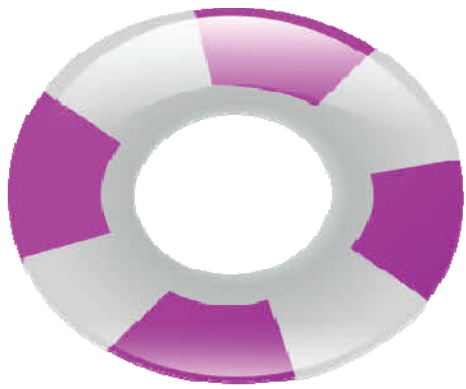
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Working for Healthy Communities

Swimming Safety Tips





There Is No Substitute for Active Supervision

- Give children your undivided attention.
- Whenever infants or toddlers are in or around water, an adult should be within arms reach.
- Children near water, should be the only thing on your mind.
- Small children can drown in as little as one inch of water.
- Put phones away when children are swimming.

Educate Your Kids About Swimming Safely

- Introducing babies to water as soon as possible.
- Enroll children in swimming lessons when you feel they are ready.
- Teach children how to tread water, float and stay by the side of pool.
- Whether you're swimming in a backyard pool or lake, teach children to swim with and older more experienced swimmer.
- Don't rely on swimming aids such as water wings or noodles these are just fun toys for kids.



Take the time to learn CPR

Learning CPR should be on the top of the list of things to do. Have your children learn CPR, It's a skill that will serve for a lifetime

Extra Steps Around Pools

Never leave water in inflatable pools, store them upside down and out of children's reach.

Check drains in pools and spa often.

