

Enjoy Summer Safely

WATER SAFETY IS AS EASY AS THE ABCS!

Drowning is the leading cause of death for children under 4 years old and is completely preventable. It is often silent and can occur without even a splash. There are things you can do to protect your family from an accidental drowning, such as following the **ABCs of Water Safety**.

A: ACTIVE ADULT SUPERVISION

Active adult supervision includes uninterrupted supervision by parents or caregivers (including care for older adults) around all bodies of water, both natural and artificial. Children can drown in fewer than two inches of water, so inflatable pools, swimming pools, spas, bathtubs, lakes, buckets and even toilets, can be a danger too. Active adult supervision is maintaining eye contact with swimmers at all times, staying off your phone, and being sober.

B: BARRIERS

Install barriers to keep children out of the water such as fencing, gates, latches, alarms, pool safety nets and pool safety covers. Children should not be able to get over, under or through barriers. Be sure to empty out kiddie pools when not in use.

C: CLASSES

Adults, teens and caregivers should **take CPR/First Aid classes**, learn proper rescue techniques and keep rescue equipment poolside. Teaching children how to call 911 in an emergency is crucial in reducing drowning and near drowning incidents. **First 5 Riverside County** offers water safety classes to children and families throughout the County. Their programs include one-on-one classes and group swimming lessons for children ages 6 months through 5 years, as well as water safety education classes for parents/caregivers.

Non-fatal drownings and deaths are preventable. RUHS - Public Health is committed to keeping you safe.

For more information and water safety resources, please contact RUHS - PH's Injury Prevention Services at **(951) 358-7171** or visit www.ruhealth.org/rivcowatersafety.