

WATER SAFETY FOR FAMILIES

Drowning can happen to any family. It is quick and it is silent. **Drowning is the single-leading cause of unexpected death of children ages 1 to 4 years old.**



4-SIDED POOL FENCING

A fence that surrounds the pool: Specifically designed so that children cannot easily get over, under, or through it. A safe gate should be secured at all times.



American Academy of Pediatrics
Orange County Chapter
INCORPORATED IN CALIFORNIA



LIFE JACKETS

U.S Coast Guard Approved: Use for open bodies of water and at pools for young children and unskilled swimmers.



SWIM LESSONS

High quality, low-cost lessons are typically available through your city: Swim lessons can help reduce the risk of drowning for children. Some kids may be ready to start swim lessons after age 1.



For more information visit www.aap-oc.org/pcdp

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SUPERVISION

Be watchful: Avoid distractions such as cell phone use and conversations with others. Assign a water watcher.



CPR & AED TRAINING

Rescue Immediately Onsite: All parents & guardians need current CPR AED training. Rescue breaths are vital – children and drowning victims are often oxygen starved.

