

# Prevent Drowning

## *Why are we concerned about drowning prevention?*

Summer is here and we will all be going to pools, lakes, rivers, and beaches to cool off and have fun! Every four days, one Virginia resident dies by drowning. But this can be prevented.

## *What are the facts?*

According to the CDC and associated studies:

- Drowning happens in seconds and is often silent.
- Drowning can happen to anyone, any time there is access to water.
- More children ages 1-4 die from drowning than any other cause of death, and drowning is the second leading cause of unintentional injury death for children ages 5-14.



## *How can I keep my family and friends safe?*

- Be sure everyone learns how to swim and life-saving skills, including CPR.
- Be prepared - have rescue equipment nearby and a phone to call 9-1-1. Make an emergency action plan before swimming.
- Always supervise a child in or near water, including bathtub, pool/spa, toilet, pond, or any body of water.
- Empty all containers and kiddie pools immediately after use. Store upside down so they don't collect water.
- Close toilet lids and use toilet seat locks to prevent access.
- Wear a life jacket when needed.
- Know the risks of natural waters and never swim alone.
- Avoid alcohol and be aware of medical conditions.

**For more information:** [www.vdh.virginia.gov/injury-and-violence-prevention/drowning-prevention/drowning-prevention/](http://www.vdh.virginia.gov/injury-and-violence-prevention/drowning-prevention/drowning-prevention/)



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