

SUMMER SWIM TIME



Safety Tips

- Shower before and after going into a swimming pool.
- Stay out of the water if you have had diarrhea in the last two weeks to help protect others from infectious germs.
- Try not to swallow recreational water.
- Avoid swimming or playing near places where storm water is released on the beach.
- Stay out of the water for at least 24 hours after a storm.
- Always wash your hands before you eat or drink.
- Teach children water safety and swimming skills.
- Brief babysitters on water safety and constant supervision.
- Have a designated watcher if socials are going on near a pool.
 - Install a poolside cordless phone.
 - Post CPR instructions and know them.
 - Keep rescue equipment and a first aid kit poolside.
 - Remember, a quiet child is a child in danger.