HealthReach Community Health Centers

JULY 2018

Practice Safe Swimming this Summer!

Swimming in pools, lakes, rivers, or the ocean can be a fun way to cool off in the summer. However, it is important to take steps to practice safe and healthy swimming...



- Take formal swimming lessons
- Provide adult supervision
 - » With younger children (ages 1-4) an adult should be close enough to reach the child at all times
- Know the local weather conditions before swimming
- Use life jackets when on a boat
- Learn CPR
- Remember to wear sunscreen and reapply when you are out of the water
- Do not swallow the water
- Take children on bathroom breaks every hour
- Check http://www.mainecoastdata.org/public/
 CurrentBeachStatus.aspx for the health risk status of some public Maine beaches

Resources:

https://www.cdc.gov/homeandrecreationalsafety/water-safety/waterinjuries-factsheet.html https://www.cdc.gov/features/healthyswimming/index.html https://www.cdc.gov/healthywater/swimming/swimmers/rwi.html

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