

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

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- Do not swallow the water
 - Take children on bathroom breaks every hour
 - Check <http://www.maine coastdata.org/public/CurrentBeachStatus.aspx> for the health risk status of some public Maine beaches

Resources:

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