

Doctor's Advice



- Actively supervise all young children, even those who can swim
- Teach your children to swim, and how to safely dive
- Everyone must wear a personal flotation device (PFD) when boating or fishing (age and size specific)
- Get trained in CPR (Cardio-Pulmonary Resuscitation)
- Use pools that are fenced with locking gates
- Teach children these four water safety rules:
 - Never swim alone
 - Do not dive into unknown bodies of water, always enter feet first
 - Do not push, dunk, or jump on others
 - Know where to get help in case of an emergency



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A EUROPEAN WATER SAFETY AND DROWNING PREVENTION CAMPAIGN
European Child Safety Alliance in partnership with Johnson & Johnson