

Protect the Ones You Love From Drowning

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC—safer, healthier people.

When we're having fun in the water, injuries aren't the first thing on our minds. But, drownings are the leading cause of injury death for young children ages one to four, and three children die every day as a result of drowning. Drownings *can* be prevented, and you can play a key role in protecting the children you love. Here are some tips for keeping kids safe around water:

First, install a four-sided isolation fence, with self-closing and self-latching gates, around your backyard swimming pool, if you have one. A fence can help keep kids away from the area when you don't expect them to be in or around the water. Pool fences should be at least four feet tall. To be safe, they need to completely separate the house and play area from the pool. Latches should be out of children's reach. Automatic door locks and alarms can help keep a fenced pool area off-limits and alert you if a busy, active child gets out of the house.

Second, make sure kids wear life jackets in and around natural bodies of water, like lakes and oceans, even if they know how to swim. Life jackets now come in a lot of comfortable styles that can be worn all day.

Third, learn CPR and get recertified every two years. Being trained in CPR can make a big difference. If a child is drowning, even if you dial 911 immediately, it will take a few minutes for paramedics to arrive on the scene. Seconds count. Performing CPR can help a child stay alive with the best possible outcome. Every parent and caregiver should know CPR and basic first aid.

And fourth, supervise young children at all times around bathtubs, swimming pools, and natural bodies of water. If you're responsible for watching kids in and around water, avoid distracting activities that can take your attention away. Things like playing cards, reading books, or talking on the phone can keep you from noticing that a child has quietly slipped under. Drownings happen quickly, and usually silently.

When it comes to a child you love, *of course* you want to protect them from harm. It's within your power to help them live to their full potential, without experiencing the pain and suffering that injuries can cause.

Protect the Ones You Love: Child Injuries Are Preventable is a CDC initiative to raise parents' awareness about the leading causes of child injury in the United States and how they can be prevented. For more information, please visit www.cdc.gov/safechild.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.