WEEKLY WELLNESS TIP

Water safety: Don't just jump in

Cooling off in a pool or lake, and enjoying a boat ride on a hot summer day are among the pleasures of summer. But each year, fun turns to tragedy when a drowning occurs. Take these common sense precautions and stay safe around water:

- If you don't know how to swim, take lessons.
- Only swim in areas with lifeguards or other trained rescue personnel.
- Never jump or dive into water when you don't know its depth, or the speed of the current in a river.
- Whether or not you can swim, wear a life jacket when in a boat.
- Always watch small children—all the time—when around water, even shallow water.
- Always swim with a buddy, never alone.
- Don’t rely on swimming aids, such as inflatable water wings.
- If swimming in cold water—which can lead to hypothermia—be sure kids wear life jackets.

This tip is provided by Group Health Physicians.
For information on all kinds of health topics,
visit the Group Health website at ghc.org.

GroupHealth®

XB0001141-02-16 2016-06