



# Safe at Home

## Drowning Prevention

Florida Department of Health • FloridaHealth.gov/COVID-19

In the U.S., drownings are the #1 cause of death from injury for children ages 1–4.<sup>1</sup>

Florida ranks #1 for fatal child drownings in the U.S.<sup>2</sup>

**As Florida re-opens from the COVID-19 outbreak, many of us will still be home balancing work or online classes while caring for our children. Busy households come with many distractions.**

**Child injury can happen in seconds when distracted parents or adults lose track of their child.**

Learn more at WaterSmartFL.com

**If you have a pool, keep layers of protection between your child and the pool:**

**SUPERVISION** Don't let distraction keep you from knowing where your child is. Check your pool first if you've lost track of your child.

**BARRIERS** Make sure the fencing around your pool is secure and that the gates are locked. Make sure every door and window that opens onto the pool area is locked.

**ALARMS** Put on house doors and windows, and on pool gates. Chimes hung on doors and windows add protection. Use a pool entry alarm that will let you know when something or someone enters your pool—there are types that mount on the edge of a pool or float on the pool's surface.

**WATER WATCHER** If play time or family time includes the pool, an adult must be responsible for keeping their eyes on the children—in and around the pool—at ALL times. This person is the Water Watcher.



**If your neighbor has a pool:**

**INFORM** Let them know you have a young child at home. Ask your neighbor to double-check their pool gates and fences.

**If you're visiting family or friends with a pool:**

**SHORT VISIT** An adult must be designated the Water Watcher.

**LONG VISIT** Talk to everyone in the household about your child's access to the pool and the layers of protection.

**Beaches, lakes and rivers:**

**SUPERVISION** Don't let distraction keep you from knowing where your child is. Check water areas first if you've lost track of your child.

**BARRIERS** Make sure fencing around your home is secure and that gates are locked. Make sure every door and window is locked.

**ALARMS** Put on doors, windows and gates. Chimes hung on doors and windows add protection.

When Florida is open, add more layers of protection.

Sign your child up for swimming lessons.



Sign up for CPR training.

1. Centers for Disease Control and Prevention. (2019, February 6). Drowning Prevention. Available at: <https://www.cdc.gov/safekid/drowning/index.html>  
2. Violence and Injury Prevention Section. (2019, March 22). Drowning Prevention. Florida Department of Health. Available at: <http://www.floridahealth.gov/programs-and-services/prevention/drowning-prevention/index.html>