Swim safely

- Take swim lessons if you don't know how to swim. Sign your kids up for lessons as soon as they are old enough.
- Swim near a lifeguard and never swim alone.
- Don't drink alcohol if you are swimming or watching children.
- Use floating toys like water wings and noodles for fun – not for safety. Don't use them in place of life jackets.
- Watch out for rip currents. A rip current is when the water pulls you away from shore. If you get caught in a rip current, swim along the shoreline until you are out of the current, then swim to shore.

Watch children carefully.

- Make sure at least one adult is watching when children are near or in the water.
- Don't read or use the phone while you are watching young children.
- Watch all children in the water, even if they know how to swim.
- If you have a pool, install 4-sided fencing that's at least 4 feet high and separates the pool from the house or yard. Use self-closing and self-latching gates that open outward and are out of reach of children.

Check water and weather conditions before going swimming.

- Don't swim in lakes, rivers, or the ocean after heavy rain. Water is more likely to be polluted after a rain storm.
- Check for signs or warnings about bacteria or other pollution in the water.
- Get out of the water right away if you hear thunder or see lightning. Strong winds can also be dangerous.

Protect yourself and others from germs in the water.

- Try not to get water in your mouth.
- Make sure everyone is clean before swimming. Shower with soap. Wash your hands after using the bathroom or changing diapers.
- Take your kids on bathroom breaks or check diapers often. Change diapers in a bathroom or a diaper-changing area.

Protect your skin from the sun.

- Wear plenty of sunscreen with a minimum SPF of 15.
- Put on more sunscreen every couple of hours and after swimming.