



SAFE SWIMMING

brought to you by the San Diego County Fire Protection District



Drowning is the number one cause of unintentional injury deaths for children ages 1-4 and the second leading cause of death of children under 14

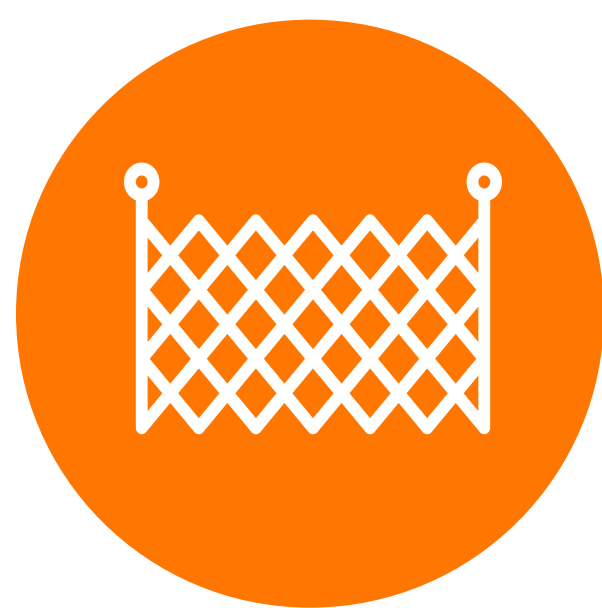
keep your family safer with these

WATER SAFETY TIPS



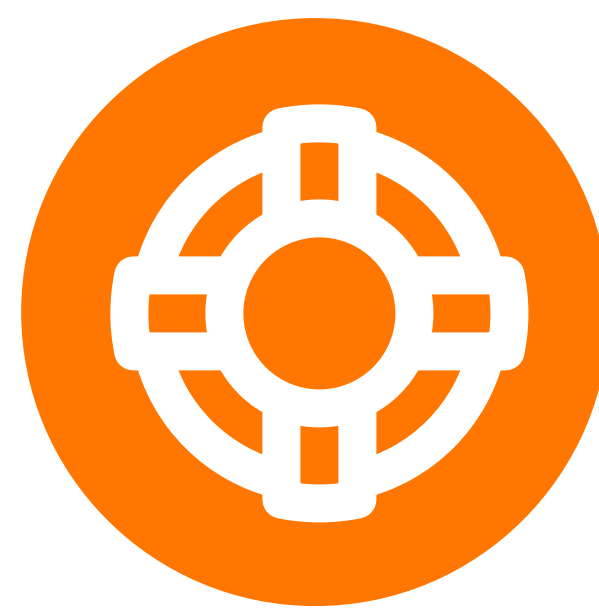
Swimming Lessons

formal swimming lessons can reduce the risk of drowning



Enclose Pools

use a four-sided fence to fully enclose pool with a self-closing and latching gate



Supervise Closely

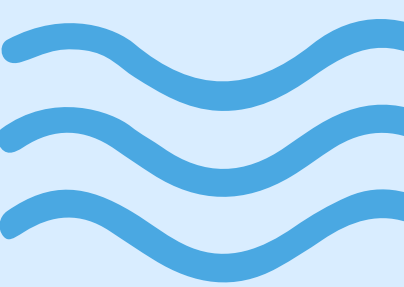
designate a responsible adult to supervise closely and constantly when children are in or near water



Learn CPR

your CPR skills could save someone's life in the time it takes for paramedics to arrive

For added measure, County Fire will give you a **FREE POOL ALARM** if you live in the San Diego County or Deer Springs Fire Protection District!



The product is a battery-operated device with remote receiver, designed to sound an alarm should a child or pet fall into a pool *limited quantity available*

To apply, visit

www.sandiegocounty.gov/content/sdc/sdcfa/crr/sdcfd_safe_swimming_program.html

*see the map on this webpage to help you determine if your area is eligible

drowning is preventable and together we can save lives!



San Diego County Fire Protection District

