

Protect the ones you love

DROWNINGS



The Reality

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent leading causes of child injury, like drowning, is a step toward this goal.

When most of us are enjoying time at the pool or beach, injuries aren't the first thing on our minds. Yet, drownings are the leading cause of injury death for young children ages 1 to 4, and three children die every day as a result of drowning.

Thankfully, parents can play a key role in protecting the children they love from drowning.

Prevention Tips

Fence it off. Install a four-sided isolation fence, with self-closing and self-latching gates, around backyard swimming pools. This can help keep children away from the area when a parent cannot supervise them. Pool fences should completely separate the house and play area from the pool.

Make life jackets a “must.” Make sure kids wear life jackets in and around natural bodies of water, such as lakes or the ocean, even if they know how to swim.

Learn CPR. Learn cardiopulmonary resuscitation (CPR) and get recertified every two years. CPR can help a child stay alive with little or no brain damage.

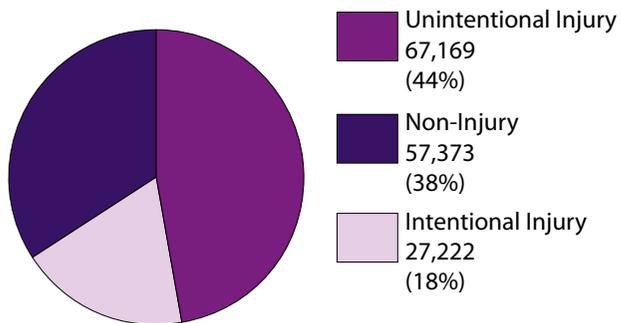
Be on the look out. Supervise young children at all times around bathtubs, swimming pools, and natural bodies of water. Adults watching kids near water should avoid distracting activities like playing cards, reading books, or talking on the phone.

Please visit www.cdc.gov/safekid for podcasts, tip sheets, and other information on the leading causes of child injury and steps you can take to protect the children you love.

Child injuries are preventable



The Burden of Child Injury, Unintentional Injury Deaths Ages 1–19, United States, 2000–2005



- Across the United States, injuries are the leading cause of death among children ages 19 and younger.
- About 33 children die every day because of injuries.
- Each year, nearly 9.2 million children aged 0 to 19 years are seen in emergency departments for injuries, and 12,175 children die as a result of being injured.

In addition to doing all you can to protect a child from drowning, follow these steps to prevent other leading causes of injuries:



Burns—Fire and scalding water can pose threats to children. To help keep kids safer from burns caused by fire, install and maintain smoke alarms in your home.



Falls—Falls can happen at the playground or at home. To protect your child, check playground equipment to make sure it's properly designed and maintained and that there's a safe, soft landing surface below.



Poisonings—Everyday household products can be poisonous to children, but you can safeguard your home. Keep medicines and toxic products, such as cleaning solutions, in locked or childproof cabinets.



Road traffic injuries—To make injuries less likely when you're on the road with kids, always use seat belts, child safety seats, and booster seats that are appropriate for your child's age and weight.

www.cdc.gov/safecchild