

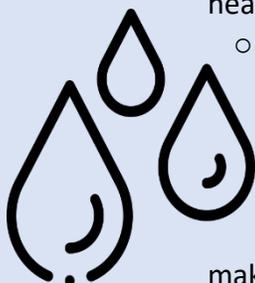


Drowning Prevention

Rates of drowning significantly increase between May and August. Individuals who survive near-drowning incidents often suffer permanent brain damage and require lifelong assistance. Drowning is preventable if simple measures are taken.

Drowning Prevention is Important

- Drowning can occur in less than a minute and in just a few inches of water. Even good swimmers can drown.
- There is often no warning or sound when someone is in distress or drowning.
- **Some signs of distress in the water:**
 - Individual is in the water with their head tilted back.
 - Individual is in the water with their hair over their face or forehead.
 - Individual's body is vertical in the water.
 - Individual is in the water and making a "climbing ladder" motion.



If You Find Someone Submerged in Water, Call for Help Immediately

Yell for help

Call 911

Perform CPR

Who is at Increased Risk?

- Young children, ages 0 - 5 years old.
- Individuals who cannot swim.
- Individuals with mobility challenges.
- Individuals who are drawn to or fascinated with water and may not understand the dangers.
- People who have consumed alcohol.
- People with seizure disorders, autism, and/or heart conditions.
 - Bathtubs are the most common cause of unintentional injury and death for individuals with a seizure disorder.
- Individuals who are taking medication that impact mental acuity or clarity of thought, such as medication prescribed for depression or anxiety.
 - Talk to a medical professional about how medications may affect an individual's risk of drowning.

Source: [CDC](#); [American Red Cross](#)

California State Statistics

- Drowning is the leading cause of injury-related death for Californians 1 – 4 years of age.
- Among children ages 0-5, there are an average of 50 deaths per year.
- DDS currently provides services to nearly 800 survivors of near-drowning accidents.

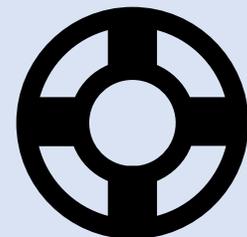
Source: [DDS](#)



Wellness and Safety Bulletins are produced by the Department of Developmental Services to alert direct service providers, regional center staff, and others to specific risks identified with our community. Please provide feedback on this bulletin and what we can do better through this survey: [Bulletin Survey](#)

Water Safety Tips from [American Red Cross](#) and [Centers for Disease Control and Prevention](#)

- Closely supervise individuals in or around any water.
 - This includes bathtubs, buckets, toilets, ponds, spas, and swimming pools.
 - Never leave a child or at-risk individual alone near water, even a bucket with a few inches of water.
 - Instruct individuals to keep others in direct sight at all times when they are in the water.
 - When someone goes missing, check pools or other bodies of water immediately they could be submerged in water and drowning can occur very quickly.
- When supervising an individual in or near water, stay close enough to reach out and grab the individual.
 - Do not jump into the water to try to save someone unless a trained lifeguard.
 - Instead, reach with your hand, leg, or an object that the individual can grab onto.
 - Throw to the individual something that floats.
- Use floatation devices or life jackets available when near bodies of water.
 - Life jackets do not prevent drowning but significantly decrease the likelihood of drowning.
- Secure swimming pool areas or spas with barriers like fences, gates with latches, and install safety pool or spa covers that can support the weight of an adult. Safety covers should completely cover pools or spas.
 - Consider installing audible alarms on barriers surrounding a pool or spa or on outside doors in homes with pools or spas.
 - Pool alarms can be placed in water to detect movement.
 - Never prop open doors or gates to pool or spa areas.
- For individuals that you serve who like to swim, arrange for water safety skills training.



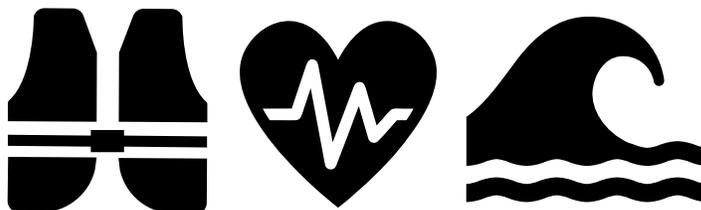
Printable Poster



Download poster: [Drowning is Silent](#)

Additional Resources

- [Drowning Prevention Information | DDS](#)
- [Drowning Prevention Information | CDC](#)
- [Drowning Prevention information | WHO](#)



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