



DROWNING MAY NOT LOOK LIKE ***DROWNING***

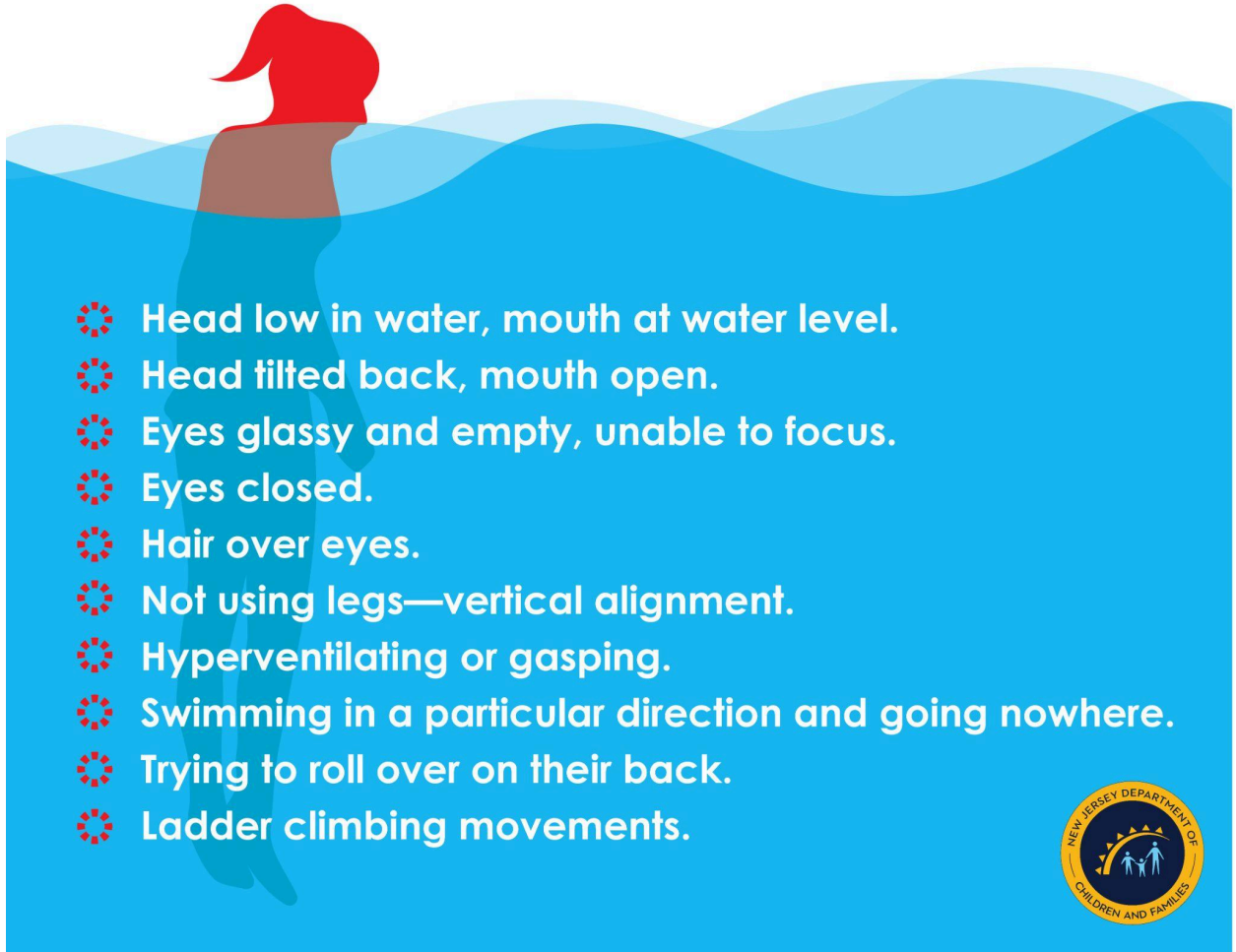
Movies and TV have created a false projection of what drowning looks like. There is usually very little splashing, waving, and yelling or calls for help.

Of the approximately **750** children who drown every year, about **half** of them will do it within **25 yards** of a parent or other adult. In **10%** of those drownings, an adult will **actually watch them do it**, having no idea it's happening.

Learn what drowning really looks like and save a life!



WHAT ARE THE SIGNS OF DROWNING?



- Head low in water, mouth at water level.
- Head tilted back, mouth open.
- Eyes glassy and empty, unable to focus.
- Eyes closed.
- Hair over eyes.
- Not using legs—vertical alignment.
- Hyperventilating or gasping.
- Swimming in a particular direction and going nowhere.
- Trying to roll over on their back.
- Ladder climbing movements.





If you notice someone who looks like they're drowning, ask:

"ARE YOU ALRIGHT?!"

If they answer you back—they probably are.

If they return a blank stare, you may have less than **30 seconds** to get to them.

REMEMBER: Children playing in water make noise. If they go quiet, get to them and find out why.



DRY DROWNING & SECONDARY DROWNING:

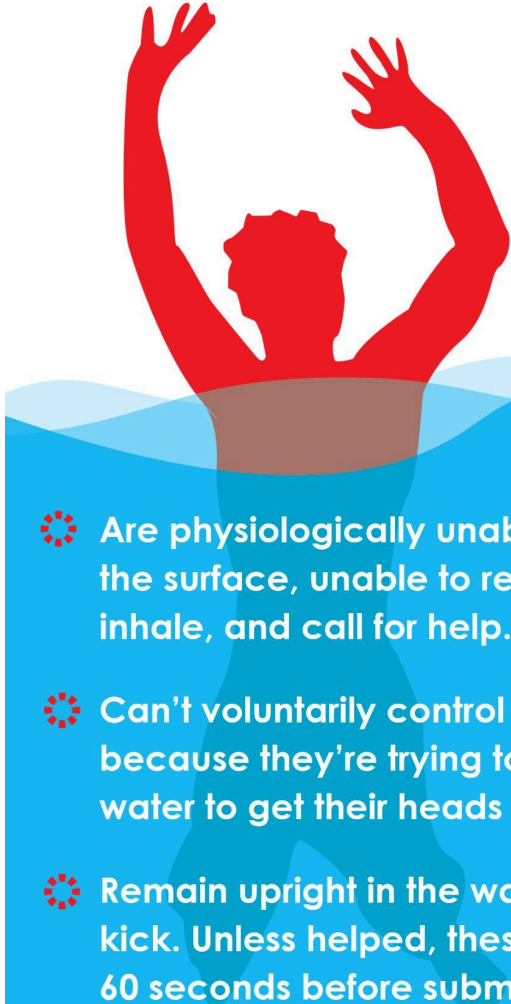
Although not medical terms, these are two serious water-related conditions. Dry Drowning occurs when water is inhaled through the nose or mouth, causing a spasm in the airway, making it hard to breathe. With secondary or "delayed" drowning, water does get into the lungs, irritating the lining and creating further fluid build-up. This can get worse over time, resulting in suffocation and death.

If your child experiences breathing difficulty 6-12 hours after spending time in water, seek medical attention. Possible symptoms include:

- ❁ Uncontrollable Coughing
- ❁ Wheezing
- ❁ Chest Pain
- ❁ High Fever
- ❁ Vomiting
- ❁ Extreme Fatigue



DROWNING PEOPLE*:

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- ❁ Are physiologically unable to call for help. Their mouths sink below the surface, unable to remain above it long enough to exhale, inhale, and call for help.
 - ❁ Can't voluntarily control their arms. They're unable to wave, because they're trying to use their arms to press down on the water to get their heads up.
 - ❁ Remain upright in the water, with no evidence of a supporting kick. Unless helped, these people struggle at the surface for 20 to 60 seconds before submersion.

*Dr. Francesco Pia, "The Instinctive Drowning Response".

