



Keep Kids Safe

Kids and teens have the greatest risk of drowning. Always keep little ones within arm's reach, even in the shallow end.

Lifeguards and life jackets don't take the place of close adult supervision. Keep kids away from the pool by putting up a strong fence with a locked gate.

Stay Healthy

Germs can spread through water. Avoid getting sick by not swallowing water, and rinsing off before and after you swim. Never swim in cloudy or discolored water.

Stay out of the water if you are sick with diarrhea, or if you have open cuts or wounds. Don't pee or poop in the water. Take children on frequent bathroom breaks.

When Boating

Always follow safe boating practices and wear a U.S. Coast Guard-approved (I-III label) life jacket. Air-filled swimming aids, like water wings and floats, should never be used.

More Information

health.ny.gov/SwimSafe



**Department
of Health**