

# Central Massachusetts Regional Public Health Alliance

HOLDEN · LEICESTER · MILLBURY · SHREWSBURY · WEST BOYLSTON · WORCESTER



## *Splash into Summer with Safety in Mind!*

School vacation is upon us! Heat and weather can make summer a fun –but potentially dangerous–time. The Central Massachusetts Regional Public Health Alliance is urging parents and caretakers to remember the following summer safety tips as the kids head out to the pool, camp or even the backyard.

### Water Safety

- 🛡️ If you've never learned to swim, now's the time!
- 🛡️ It's always a good time to learn CPR—Cardio Pulmonary Resuscitation—especially if you'll be supervising others.
- 🛡️ Always supervise young children around water (stay close enough to reach a child at all times and avoid distractions such as playing cards, reading a book, or talking on the phone) However, always have a phone near-by in case of an emergency.
- 🛡️ A drowning can happen quickly, and usually silently. Avoid alcohol while supervising children and before or during swimming, boating, or waterskiing.
- 🛡️ Prevent water-related injuries and drowning by swimming with a buddy and swimming where there's a lifeguard. Always use life jackets and secure personal flotation devices—do not substitute air-filled or foam toys for safety gear. When enjoying natural bodies of water, be aware of the local weather conditions and forecast. Strong winds and thunderstorms with lightning can be dangerous.
- 🛡️ Watch for dangerous waves and signs of rip tides/currents. Also know and obey the posted warnings. For example, beaches often have different colored flags (red, yellow, green) to indicate beach conditions. Pay attention to lifeguards or posted instructions.