Healthier Me

I Keep Healthy and Safe

I am safe when I am near water.

- I always ask an adult for permission before I go near or enter the water. If there is something in the water I want, I ask someone to get it for me. I never climb a fence or unlock a lock around an area of water.

- I swim only in places where there are adults or a lifeguard watching the water. I need to make sure an adult can always see where I am.

- I always swim with a friend. Swimming by myself is dangerous. I never know what will happen.

- I never swim when I am tired.

- I never eat while swimming. I can choke.

- When I am at a pool, I walk carefully around the pool area. I never run. The ground gets slippery and I can fall and get hurt. I never skate or ride my bicycle near water.

- I always follow water safety rules. These rules keep everyone safe. Some rules are keeping my hands to myself and not pushing other people near or in the water.

- I need to know how deep the water is before getting in. I do not go into deep water if I don't know how to swim. I make sure the water is deep enough before I jump or dive. I could hurt myself or someone else. I never dive in an above-ground pool.

I am safe when I am near water.

- I never play near pool water drains.

- It is not safe to hold onto other swimmers, jump on them, or push them. This could keep them from coming up for air and breathing.

- It is not safe to hold my breath for a long time. I don't play breath-holding games because they are dangerous.

- I always wear a life jacket when riding on boats or other water craft vehicles like kayaks, and jet skis.

- I should only swim in an ocean, river, or lake if I ask permission. These areas can be very dangerous. The water may get deep suddenly. The water can be very cold, there may be high waves, and the water current can pull me under the water.

- The water in Jacuzzis and hot tubs is very hot. If I do go in, I stay in for only a few minutes and I don't go near the drains.

- I wear sunscreen when I go outside.

- I drink extra water when it is hot outside.