



## Signs of Drowning

Drowning doesn't look like drowning. Know what to look for.

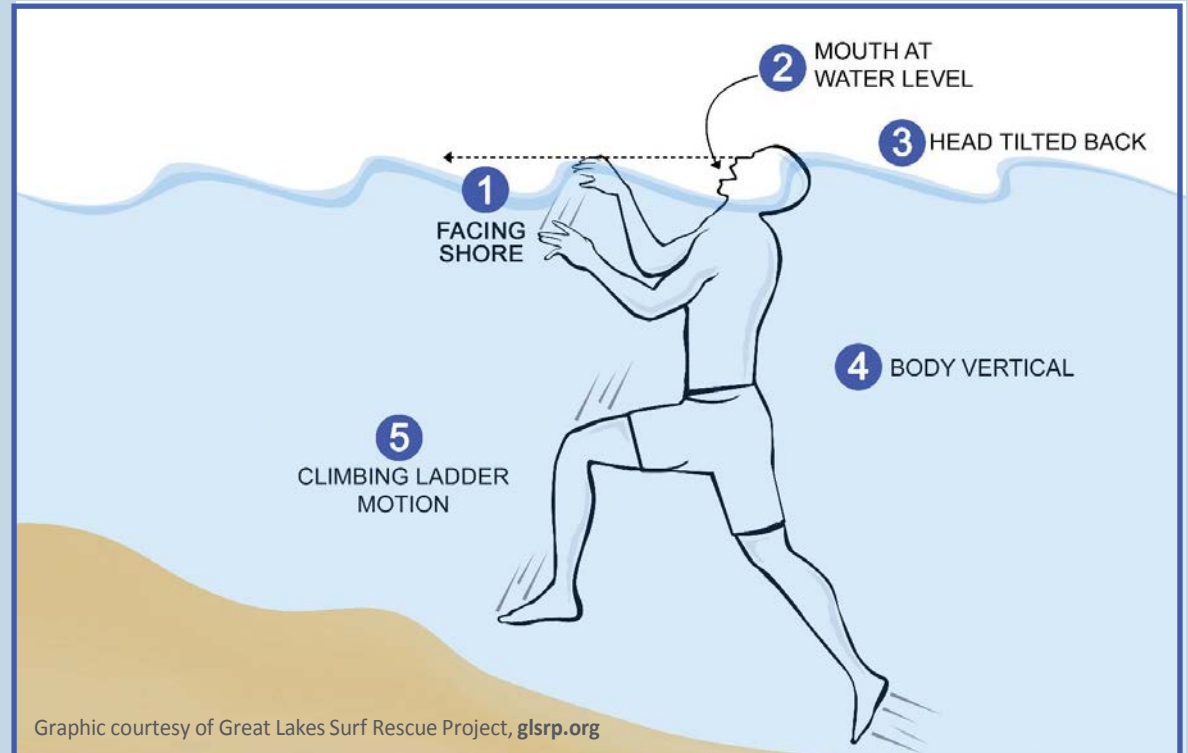
**Facing shore**

**Mouth at water level**

**Head tilted back**

**Body vertical**

**Climbing ladder motion**



## Water Rescue

**Call 911 or send for help. Do not become a second victim. Follow these 5 steps:**

**Preach:** Shout to the victim to hang on, help is on the way.

**Reach:** Use a fishing pole, paddle, or anything to reach the victim.

**Throw:** Throw a life ring or anything that floats to the person.

**Row:** Use a boat if you can do so safely. Keep the person afloat, but do not pull them onboard to prevent capsizing.

**Don't Go:** Do not go into the water to rescue unless you are trained. Even the strongest swimmer can drown trying to help others.

## Rip Currents

Rip currents are powerful. They move away from shore and can sweep even strong swimmers out to deep water.

If you are caught in a rip current:

**Flip** over.

**Float** on your back. Remain calm.

**Follow** the current to learn which way it is flowing. Then swim across it, swim across the flow, out of the current, and then to shore.

If you are too tired to swim, float or tread water and signal for help.

