



Weill Cornell Medicine

Splash Safely This Summer

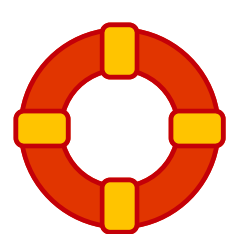


Have fun in the sun—the right way. Follow these essential water safety tips from shore to poolside.



Sun Protection

- ✓ Wear broad spectrum sunscreen with SPF of 15 or higher, and reapply at least every two hours and after swimming.
- ✓ Seek shade to reduce your risk of sun damage and heat exhaustion.
- ✓ Drink plenty of water throughout the day to stay hydrated.



Drowning Prevention

- ✓ Make sure there is continuous supervision from a lifeguard or a designated water watcher.
- ✓ Know basic swimming and water safety skills, such as floating or treading water for at least a minute.
- ✓ Wear a life jacket when boating. Small children and inexperienced swimmers should also wear life jackets when they are near water.



Emergency Preparedness

- ✓ Know CPR. In a drowning incident, call 911 before starting CPR.
- ✓ Have a first aid kit nearby equipped with gauze pads, bandages, antiseptics and medications.
- ✓ Check the flags at the beach for rip currents and dangerous marine life.



Pool Rules

- ✓ No running around the pool.
- ✓ No diving in water less than 9 feet deep.
- ✓ No glass containers in or around the pool.



Health and Hygiene

- ✓ Shower before and after swimming.
- ✓ Avoid swimming if you're sick.
- ✓ Store and handle pool chemicals properly.

For more health and safety tips and expert medical care, find a doctor at Weill Cornell Medicine. Visit weillcornell.org/doctors today.



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