**Why We CARE**

#1
Drowning is the leading cause of death in children ages 1 through 4.

148
Number of drowning deaths in Georgia each year.

37%
Of drowning deaths were children under age 5 or young adults between 15 and 24.

**DID YOU KNOW?**

Infants are more likely to drown in bathtubs, while older children are more likely to drown in pools or open bodies of water.

---

**How to PLAY IT SAFE**

You are your child’s best lifeguard! It is never too late for you to learn to swim. Eliminate distractions—start by stashing mobile devices—and learn CPR.

Be honest about your child’s swimming abilities. Enroll them in local swimming lessons. It’s never too young to start—the AAP recommends your child may be ready for swim lessons around age 1—and it may save their lives.

Keep beginner swimmers under 6 years old within arm’s reach at all times, and practice a one adult : one child ratio. Keep more advanced swimmers within eye’s reach.

Don’t rely on floaties. You are a better layer of protection than any flotation device, and a flotation device should never replace your supervision.

Never, ever leave your child alone in a bathroom. If you have to leave, even for a minute, take them with you.

---

**REMEMBER**

<30
Drowning happens fast—in less than 30 seconds and in as little as 1 inch of water.

**CALL 911**
if a child or young adult is pulled from the water and is unconscious.
Start CPR if they are not breathing.

**PLAY IT SAFE**
with poison prevention, safe sleep, firearms, burn safety, and more in the new Georgia AAP Toolkit—gaaap.org/play-it-safe/.