

**PLAY IT  
SAFE,  
GEORGIA!**

For Parents and Caregivers

# DROWNING PREVENTION

Georgia Chapter

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®



## 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

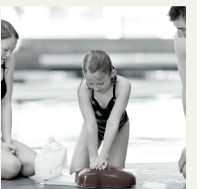
**You are your child's best lifeguard!** It is never too late for **you** to learn to swim. Eliminate distractions—start by stashing mobile devices—and **learn CPR**.

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/](http://gaaap.org/play-it-safe/).

