

For Widest Dissemination:

Swim Safely This Summer

Swimming is a fun, active, and healthy way to spend leisure time. Take a few minutes to keep health and safety in mind to help prevent illness and injury.

- Ask a buddy to join you when swimming so you don't swim alone.
- Choose swimming sites that have lifeguards.
- Avoid drinking alcohol before and during swimming.
- Don't swallow pool water.
- Watch children in and around water at all times.
- Make sure to keep your ears as dry as possible to help prevent swimmer's ear.



**For CAP
Larry Mattiello, Lt Col, CAP
NYWG 001
NYWG Ass't SE**