

**Drownings Increased 60% in Suffolk County in 2024**

# **10 Ways to Prevent Drownings on Long Island**

**1**

## **Designate a Water Watcher**

Always supervise kids near water—no phones, no alcohol, no side conversations.

**2**

## **Put Barriers in Place**

Four-sided fences with self-latching gates around pools reduce drowning risk by up to 83%. Add door alarms and locks for extra protection.

**3**

## **Stay Alert in New or Distracting Settings**

Stay alert of your child at parties or vacation rentals. Scan for hazards upon arrival.

**4**

## **Enroll your Child in Swim Lessons**

Formal swim lessons and water safety education can reduce drowning risk by 88%.

**5**

## **Know Your Child's Abilities**

Toddlers and children with developmental disabilities are at higher risk of drowning. Protect them with barriers, supervision, and specialized lessons.

**6**

## **Follow Local Boating Laws**

Children under 12 must wear a U.S. Coast Guard-approved life jacket while on a boat or watercraft in New York. Adults should lead by example.

**7**

## **Only Swim in Designated Areas**

A lifeguard should be on duty. Obey flags and posted signs.

**8**

## **Beware of Rip Currents**

Learn to spot them. If caught, stay calm, swim parallel to shore or float with the current and signal for help.

**9**

## **Stay Alert**

Hazards are everywhere. Bathtubs, kiddie pools, fountains, and even buckets can be deadly. Drowning is the leading cause of death for U.S. children ages 1 to 4.

**10**

## **Learn CPR**

When performed immediately and correctly, CPR can dramatically increase survival rates.

**Layers of Protection Save Lives**