



For more information
about how
to keep your child safe,
please go to
www.nyc.gov/acs
or call 311
and ask for the
Parent Helpline.

TAKE GOOD CARE OF YOUR BABY



Michael R. Bloomberg, Mayor
John B. Mattingly, Commissioner, ACS
Thomas R. Frieden, M.D., M.P.H., Commissioner, DOHMH



Water Safety

Each year in New York City, dozens of children drown or come close to drowning. Even if they survive a near-drowning, children can suffer severe, permanent brain damage and long-term disability. Water can be dangerous for children – whether it's a swimming pool, the ocean, a pond or even a bucket of water. Every parent should know the most important rule in water safety: Never take your eyes off a child who is in – or near – water.

Here are some more safety tips:

At Home

- Babies and young children can easily drown in bathtubs, buckets or toilets – it can happen in as little as an inch of water, and it can happen very fast.
- Never leave a child alone in the tub. Baby bath seats and rings are not meant to prevent drowning.
- Keep toilet lids down.
- Keep children away from buckets of water. Empty and turn over all buckets as soon as you're done using them.
- Close the doors to bathrooms and utility rooms when not in use.
- Never let an older sibling supervise a young child in water.

Swimming

- Always closely watch young children swimming or playing in water. Don't talk on the phone, read or get distracted.
- Make sure that any adult who supervises your child knows how to swim, get emergency help and perform CPR (cardio-pulmonary resuscitation).
- Never supervise children in water if you have been drinking alcohol or using drugs or medications that could impair your judgment or reaction time.
- Empty and turn over wading pools as soon as children are out.
- Keep a phone near the pool for emergencies.

- Keep rescue equipment, like a lifesaving ring, by the pool.
- Have pool gates installed. Never leave pool gates open or unlocked.
- Enroll your children in swimming lessons by a qualified instructor when they're old enough, usually at age 4 or older.
- Teach children never to swim alone or without supervision.
- Teach kids to stay away from pool drains.
- Don't let kids jump or dive into water less than nine feet deep.
- Don't let kids run around a swimming pool.
- Make sure that children always swim near a lifeguard. Pay close attention to warning signs and signals.
- Learn CPR for adults, children and infants.
- Learn to swim.

General Water Safety

- To prevent choking, make sure children never chew gum or eat while swimming, diving or playing in water.
- Never use air-filled toys in place of life jackets or life preservers. Toys are not personal flotation devices.

