

Karen's Corner

IS YOUR FAMILY Water Ready?

PAGE 2

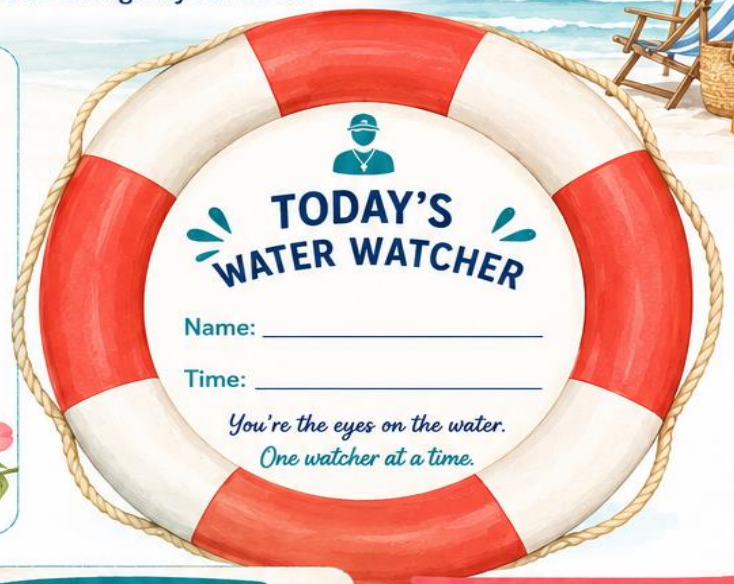
A few minutes of planning today can prevent an emergency tomorrow.



WATER SAFETY CHECKLIST

Before your next pool day, beach trip, or lake day...

- ☐ We have a designated **Water Watcher**
- ☐ Our pool gate latches automatically
- ☐ We keep toys out of the pool when not swimming
- ☐ We have Coast Guard-approved life jackets
- ☐ At least one adult knows CPR
- ☐ Our children know basic swimming skills
- ☐ We know the address/location in case we need to call 911
- ☐ We keep a phone nearby while swimming



BEFORE WE JUMP IN...

A fun family checklist:

- ☐ Sunscreen applied
- ☐ Everyone hydrated
- ☐ Life jackets fitted (if needed)
- ☐ Buddy system agreed upon
- ☐ Adults know who's watching
- ☐ Emergency phone nearby



Karen's Challenge

Before your next swim, spend just five minutes making a Water Safety Plan.



One conversation.



One designated Water Watcher.



One plan.

*Those small steps
can save a life.*

SWITCHING WATCHERS?



Time _____



Time _____



Time _____



*Only one Water Watcher
at a time.*

QUESTIONS FOR KAREN

- ☐ Is my child ready for swim lessons?
- ☐ What type of life jacket fits best?
- ☐ Does my child have any medical conditions that increase drowning risk?

- ☐ I'd like to learn CPR.

My question: _____

CONTACT KAREN



407-867-1758



karencorner@
carter-familypractice.com



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