



Karen's Corner

DROWNING Prevention



DROWNING IS
FAST, SILENT,
AND OFTEN
PREVENTABLE.

When most people picture drowning, they imagine someone yelling for help or splashing. The reality is very different. The good news? A few simple habits can dramatically reduce the risk.

THREE LAYERS OF PROTECTION

1



WATCH EVERY MINUTE

Nothing replaces active adult supervision.

- Choose one dedicated "Water Watcher."
- Stay within arm's reach of young children.
- Put the phone away.
- Never assume someone else is watching.

2



CREATE BARRIERS

Prevention starts before anyone gets in the water.

- Four-sided fencing around home pools.
- Self-closing, self-latching gates.
- Empty kiddie pools and buckets after use.
- Put pool toys away when swimming is over.

3



BE READY FOR EMERGENCIES

Accidents can happen even when you're careful.

- Enroll children in swim lessons when ready.
- Wear Coast Guard-approved life jackets around open water.
- Learn CPR—you hope you'll never need it, but you'll never regret knowing it.

Karen's Take

One conversation I have every summer is this:

"IT ONLY TAKES A MOMENT."

Most drowning tragedies don't happen because someone didn't care. They happen because everyone thought someone else was watching.

A designated Water Watcher, a secure pool fence, and knowing CPR can make all the difference.



QUESTIONS FOR KAREN



- ☐ Is my child ready for swim lessons?
- ☐ What type of life jacket should we use?
- ☐ Is my backyard pool as safe as it could be?
- ☐ How can I learn CPR?
- ☐ My question: _____

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