



A collaborative approach to personal and community health through education, prevention, and healthcare services

MAY IS NATIONAL WATER SAFETY MONTH

National Water Safety Month in May prepares us for recreational activities.

Water is an attraction during the summer months. Whether we're drawn to oceans, lakes and rivers or public pools and water slides, safety is a necessary concern. We use the water for leisure, sport, and general outdoor relaxation. Boating with or without motors, swimming, fishing, and many other kinds of recreation take place in and around the water.



HOW TO OBSERVE

Practice water safety. For more water safety tips, [visit nationalwatersafetymonth.org](https://nationalwatersafetymonth.org). Use #NationalWaterSafetyMonth to share on social media.

DID YOU KNOW?

The Del Norte Healthcare District has partnered with the Fred Endert Pool in Crescent City to offer free group swimming lessons for those under the age of 18. Please contact Relief Supervisor William Morris (wmorris@crescentcity.org) with any questions regarding registration and level placement. [Visit here for a Registration Form](#).

HISTORY

The World Waterpark Association, the Association of Pool & Spa Professionals, The National Recreation & Park Association and the American Red Cross created National Water Safety Month.

Sincerely,

Del Norte Healthcare District Board of Directors
Kevin Caldwell, M.D.
Elizabeth Austen
Michael Young
Tonya Pearcey, R.N.
Juan Santillan

SOURCE:

<https://nationaldaycalendar.com/2022/>



SWIM SAFELY THIS SUMMER



Always supervise children around water. Protect children from drowning.

Teach children to swim with a buddy or an adult who knows how to swim.

Have children wear life jackets around open bodies of water (oceans, rivers)

Drink plenty of water to avoid dehydration.



Protect yourself from the sun. Wear sunglasses & apply sunscreen every 2hrs.



Enroll children in swimming lessons to help reduce their risk for drowning.



Always swim where a lifeguard can see you and don't swim out too far.