WELL-BEING >>>

Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health, and prosperity.

With the temperatures rising and the sun shining, water may be included in your summer plans. While enjoying the water this summer, whether it be lake, ocean, river, or pool, making safety a top priority will ensure more summer fun.

Drowning and water injuries do not discriminate against age. Teens and young adults between the ages of 15 and 24 have the highest rates of drowning nationwide. Following some easy safety tips will keep you safe and enjoying your summer break!

- **Always swim with a buddy** - swim with someone who is not impaired and able to seek help if needed
- **Avoid alcohol and drugs** - alcohol is involved in up to 70% of deaths that occur in water recreation and may impair your perception of danger, balance, and coordination
- **Swim in designated swimming areas** - these areas are often free from underwater debris that may cause injury
- **Swim with a lifeguard on duty** - lifeguards are trained to react to water emergencies including administering CPR
- **Know your swimming ability/skill level** - match your skill level with the body of water you are in. For example, swimming in a river where there is a current may require more strength than a pool
- **Do not dive into unknown waters** - diving headfirst into unknown waters may result in serious injury due to unknown objects in the water or shallow depth of water
- **Use life vests/jackets** - life vests/jackets should be worn in addition to swimming near lifeguards and should be Coast Guard approved
- **Know water conditions** - pay attention to the flow of the water, the size of the waves, as well as the color. Looking at the water conditions may tell you if there is a rip current or if the water is too rough to be in
- **Take swimming lessons** - lessons are available to individuals of all ages and skill level. Knowing how to swim can reduce the chances of drowning by 88%

**References:**
- [https://www.noaa.gov/](https://www.noaa.gov/)
- [https://ndpa.org/10-open-water-safety-tips/](https://ndpa.org/10-open-water-safety-tips/)