Dear Friend,

Everyone knows someone impacted by a drowning. Our goal is to share lifesaving information and help every San Diego family prevent this tragedy.

Did you know:
- Drowning is silent and quick and can happen in seconds.
- Drowning is the #1 cause of injury-related death for children ages 1-4 in California and in the US.
- In San Diego, 155 residents died from drowning from 2016 to 2020. Hundreds more were hospitalized with a possible lifelong injury and thousands more were treated.
- Most teen and adult drownings occur in open water. Nearly all young children drowned in pools and spas.

As a coastal community, we need to continue to educate ourselves on how to be safe around water by recognizing the signs of drowning, sharing tips on preventing access, checking the water first if a child is missing, learn rescue and restore breathing (CPR) along with designating a water watcher. In addition, we need all children to have access to the fundamental life skill of swimming. Drowning is preventable and together we can save lives!

Sincerely,

PDFSD Board of Directors

www.preventdrowningfoundation.org

TAKE & SHARE THE WATER SAFETY QUIZ: www.colinshope.org/quiz

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Keep your family safer with these WATER SAFETY TIPS

- Constant visual supervision
- Learn to swim
- Wear life jackets
- Block access to water
- Keep your home safer
- Missing child? Check water first
- Stay away
- Practice open water safety
- Learn CPR with rescue breaths

Find more resources at www.colinshope.org

Drowning IS a preventable cause of death for children ages 1-4.

Drowning remains a leading cause of death for older children, teens, and adults.