

**Alex Haartz, MPH
Administrator**

**Bradford Lee, M.D.
State Health Officer**

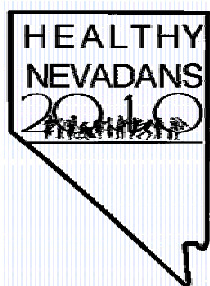


**Contact Name: Martha Framsted
Phone Number: 775-684-4014
Release Date: August 1, 2005
Page 1 of 1**

NEVADA STATE HEALTH DIVISION NEWS RELEASE HEALTH ADVISORY Summer Fun, Summer Safety

Lakes, rivers and swimming pools, provide refreshing ways to cool off in the summer heat, but water can be dangerous and certain preparations should be made to stay safe in and around the water. Here are some general water safety tips to be followed:

- Learn to swim. One way people can increase their safety in and around the water is to learn to swim.
- Always swim with a buddy. NEVER SWIM ALONE
- Swim in areas supervised by a lifeguard.
- Read and obey all rules and posted signs.
- Children or inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal floatation device (life jacket) when around the water.
- When boating, always wear a U.S. Coast Guard-approved personal floatation device (life jacket).
- Watch out for the dangerous "too's" – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Set water safety rules for the whole family based on swimming abilities (for example, inexperienced swimmers should stay in water less than chest deep).
- Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, obstructions and where the entry and exit points are located. The more informed you are, the more aware you will be of hazards and safe practices.
- Pay attention to local weather conditions and forecasts. Stop swimming or boating at the first indication of bad weather.
- Use a feet-first entry when entering the water.
- Enter headfirst only when the area is clearly marked for diving and has no obstructions.
- Do not mix alcohol with swimming, diving or boating. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm -- over 50 percent of drownings result from boating incidents involving alcohol. For the same reasons it is dangerous and illegal to operate an automobile while under the influence of alcohol, people should not operate a boat while drinking alcohol.
- Know how to prevent, recognize, and respond to emergencies.
- Anytime you go out in a boat, give a responsible person details about where you will be and how long you will be gone. This is important because if the boat is delayed because of an emergency, becomes lost, or encounters other problems, you want help to be able to reach you.



Alex Haartz, Administrator

505 E. King Street, Room 201, Carson City, Nevada 89701-4797
Phone (775) 684-4200, Fax (775) 684-4211
NEVADA STATE IS AN EQUAL OPPORTUNITY EMPLOYER