

November 18, 2016

## REMEMBER “POOL SAFELY” DURING THE HOLIDAY SEASON



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**Eustis, FL** – The Florida Department of Health in Lake County and the U.S. Consumer Product Safety Commission are reminding residents to stay safe in the pool throughout the holiday season. The chance for a tragedy to occur increases when adults are distracted, which can make busy holiday gatherings a potential danger zone.

“Pools and spas can be a great source of family fun and entertainment, but they can become a hazard if people don’t stay alert,” said Stephanie Daugherty, Environmental Administrator for the Florida Department of Health in Lake County.

To avoid an incident, follow these safety tips:

- Make sure all pools have fences that are at least 4 feet tall and have self-latching and self-closing gates. This protects children from falling or getting into the pool without adult supervision.
- Supervise children at all times, especially when swimming or playing in the pool area. Designate an adult “water watcher” whose only job is to watch children while they play in the pool.
- If a child is missing, check the pool or spa first.
- Teach children not to play with pool and spa drains. If you don’t already have them, install anti-entrapment devices on all pool and spa drains.
- Teach children to swim. If your children are not yet strong swimmers, make sure they wear U.S. Coast Guard approved life jackets in the pool. “Floaties”, “water wings”, and other inflatable devices are not efficient for keeping kids safe in the pool.
- Keep safety equipment such as a life ring and life hook available at the poolside. Check your equipment to make sure it is in good working condition and that any ropes or poles attached to the devices are not frayed, worn out, or broken.
- Learn CPR and keep a charged phone near the pool to quickly call for help. If an incident does occur, it could be the difference between life and death.

Drowning is the leading cause of unintentional death for children between the ages of 1 and 4 years old, but it is entirely preventable. Taking simple steps for safety can ensure a safe and joyful holiday for everyone.

For more information about staying safer in the water, visit [PoolSafely.gov](http://PoolSafely.gov) or call 352-253-6130.

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