

May 26, 2023

## DOH-LAKE PROMOTES WATER SAFETY MONTH



Contact:

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**Eustis, Fla.** – The Florida Department of Health in Lake County (DOH-Lake) encourages communities to participate in National Water Safety Month in May. Take precautions to prevent drownings.

As part of National Water Safety Month, DOH-Lake will be participating in Water Safety Day events along with the City of Clermont, Lake County Rowing Association, City of Eustis, Eustis Fire Department, Lake County Board of County Commissioners, Lake County Emergency Medical Services (EMS), Lake County Sheriff's Office and the YMCA at the following locations:

***Lake Minneola***  
***1050 Victory Way, Clermont***  
***Sunday, June 4<sup>th</sup>, 2023***  
***From 6 a.m. to 2 p.m.***

***Eustis Aquatic Center***  
***250 Ferran Park, Eustis***  
***Saturday, June 10, 2023***  
***From 10 a.m. to 2 p.m.***

The event will include opportunities to sign kids up for swimming lessons, mock drowning exercise, and educational booths.

“We all play an important role in preventing water illnesses and injuries” said Aaron Kissler, Health Officer with the Florida Department of Health in Lake County. “We will continue to raise water safety awareness in order to decrease the possibility of injury and drowning in our community”

With pools, lakes, and other surrounding bodies of water in Florida, water safety is critical to prevent drownings. Children ages 1-4 years are more likely to drown in a home swimming pool than children ages 5-19 years, who are more likely to drown in natural bodies of water. Whether you are a parent or a community group member, everyone plays a role in drowning prevention. The goal is to keep water activities fun and safe for all as we move into the summer months.

### **Tips on Water Safety:**

- Always keep your eyes on children in and around water, including pools and open bodies of water. Actively supervising and giving children your undivided attention when they are in or around water can help prevent drownings.
- **Never** leave a child alone around water.
- If your child is missing, check other pools or surrounding bodies of water.
- Use barriers around water, including fences, self-closing/self-latching gates, and secure doors with alarms. Barriers help prevent young children from wandering into bodies of water, including lakes, pools, ponds, and more.  
Have a phone nearby in case you need to call 911 in an emergency.

### **Beach and Lake Swimming:**

Swimming in open water is different than swimming in a pool. Even the strongest swimmer can get into trouble swimming in open water. Here are some tips for swimming at the beach or lake:

- **Swim It:** Always swim with a buddy, and when safety flags and signs give it the all-clear to do so.
- **Shore It:** If you have a weakened immune system, a cut on your skin, or don't have a buddy to swim with, stay on dry land.
- **Dodge It:** If you encounter animals that live near or in the water, stay away. Also, algal blooms like red tide and blue-green algae, which cause skin irritation, burning eyes and throat, and breathing irritations. For current information on red tide or blue-green algae, please visit <https://protectingfloridatogether.gov/>.

For more information on water safety, visit <https://www.floridahealth.gov/programs-and-services/prevention/drowning-prevention/index.html>.

For more information or questions, please contact DOH-Lake at (352) 253-6130.

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