

Health & Wellness Tip of the Week

Week 23 June 4, 2018

Our mission is to promote health awareness and encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Member of the Blue Cross and Blue Shield Association.

Keep Kids Safe Around Water this Summer

Drowning is the second most common cause of accidental death in children and the leading cause of death for children between ages 1 and 2.

Keeping kids safe around water takes care and planning. Use these tips to help keep your kids safe:

- Plan so you can watch your child while he or she is bathing, swimming or around water. Bring everything you need before your child gets in the water.
- Make sure your kids can't get to a pool, hot tub, kiddie pool or bathtub when you're not watching.
- In the water, use snug-fitting life jackets not floaties. But, even with a lifejacket, a child can still drown if not carefully watched.
- Learn first aid and CPR. Your local American Red Cross, YMCA, or other organization can help.

Source: National Safety Council

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