Health and Wellness Tip of the Week

Week 23 – June 3, 2019

Summertime Blue

Swimming and water-related activities are some of the most fun for kids during the summer. While there is a ton of fun to be had, it's also vital to be sure kids are safe while swimming. Drowning is the leading cause of injury death for children ages one to four. Use the helpful tips below to keep everyone safe while having some fun in the sun.

- Always supervise children in or around water
- Teach kids how to swim; formal swimming lessons are best
- Learn CPR in case you ever need it
- Put in a four-sided fence around home pools

Swimming is great fun for kids, make it safe too!

Source: Centers for Disease Control and Prevention

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

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