


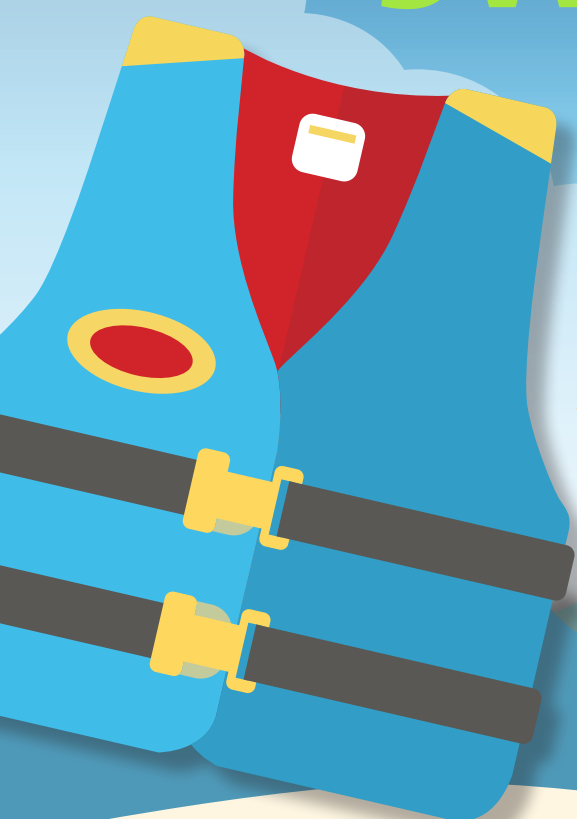





Stay safe SWIMMING

-  Swim only in designated areas supervised by life guards.
-  Always swim with a buddy.
-  Don't drink alcohol if you're swimming or watching children.



learn to SWIM WELL



-  Make sure everyone in your family learns to swim well.
-  Use floating toys like water wings and noodles for fun, not safety.
-  Young children and inexperienced swimmers should wear life jackets.



Get out of THE WATER

IF YOU HEAR **THUNDER** OR **SEE LIGHTNING**.

- Strong winds can also be dangerous.
- If you're heading to the beach, learn the meaning of colored safety flags and obey all warnings.

