A recent study released by the Centers for Disease Control shows that drowning continues to be a leading cause of death for young children. The study found that the drowning rates have surpassed those of traffic accident fatalities for children under the age of 5.

Between 1999 and 2010, more than 46,000 people died from drowning in the United States – or more than 10 per day, according to the report.

**Top water safety tips**

**Be an active supervisor:**
- When in and around open bodies of water, give children your undivided attention.
- Be a Water Watcher. This simple strategy designates an adult as the Water Watcher for a certain amount of time (such as a 15-minute period) to prevent lapses in supervision. Download and print this card at [www.safekids.org/other-resource/water-watcher-card](http://www.safekids.org/other-resource/water-watcher-card):

**Learn CPR:**
- Make learning CPR a priority.
- Locate CPR training courses through your local hospitals, fire departments and Red Cross agencies.

**Prevent drain entanglement:**
- Tell children to avoid playing or swimming near drains or suction outlets.

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**Water safety and drowning**

To sign up for our monthly newsletter, visit [ukhealthcare.uky.edu/safekids](http://ukhealthcare.uky.edu/safekids).
Beat the heat!

Keep kids in top shape for summer outdoor activities by helping them stay hydrated. Dehydration occurs when a child’s body loses more water than it takes in. When kids don’t drink enough water while playing sports, they could be at risk for dehydration, heat exhaustion or even heatstroke.

Top tips:
Bring a water bottle and take regular breaks:

- Have a water bottle for every activity, practice and game.
- Encourage children to stay hydrated by drinking plenty of water before, during and after play. Drinking water is the best option.

Your child should:

- Start drinking water 30 minutes before the activity begins.
- Continue to drink water every 15-20 minutes during activity.
- Drink water after play is finished.
- Establish mandatory water breaks throughout practices and games – don’t wait for a child to express their thirst.

Drink enough water

- The American Academy of Pediatrics (AAP) recommends:
  - 5 oz. for an 88-pound child every 20 minutes
  - 9 oz. for a 132-pound adolescent every 20 minutes

- Kids will know that they’re drinking enough water if their urine is clear or the color of lemonade.

Know the signs and symptoms of dehydration

- The severity of dehydration can vary from mild to more life threatening if left unchecked.
- Symptoms range from muscle cramping in the calves, back, arms or abdomen (heat cramps) to faintness or dizziness, nausea and rapid heartbeat (heat exhaustion) to collapse, emotional instability and very high body temperature (heatstroke).

While at play, children generate more heat than adults, but also sweat less, which makes them more susceptible to dehydration. It is estimated that more than 9,000 high school athletes are treated for heat illness each year in the United States.

For more information, contact Safe Kids at 859-323-1153 or visit www.safekidsfayettenecounty.com.

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