



## DROWNING



### DO's :

- Swim where some one else is swimming (Buddy System). You will get help if need be.
- Put on minimum clothing while swimming.
- Swim at a depth from where you can come back before being fully exhausted.



### DON'Ts :

- Never be too confident of your capability in swimming.
- A toddler can drown himself in a bath-tub/bucket full of water. Hence never let him/her play alone near them even for a few seconds.

### FIRST AID :

- ◆ Time factor is very important to save a person from drowning.
- ◆ Start mouth to mouth breathing immediately, without wasting time, in case breathing has stopped.
- ◆ Seek medical help immediately.