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THE LIFESAVING FOUNDATION

Saving Lives from Drowning

DROWNING!

FLOAT FIRST

SLOW DOWN YOUR BREATHING



SWIM LATER

If you cannot exit the water immediately

FLOAT FIRST

Float on your back.

Move your hands out and back slowly under the water.

Kick your legs slowly.

Don't try to remove clothing.

SLOW DOWN YOUR BREATHING

Take slow, deep breaths.

Try to hold your breath for a few seconds.

Any cold discomfort will pass in minutes.

While floating face upwards, if help is available,
wave one arm out of the water while moving the other hand under the water.

SWIM SLOWLY LATER

Wait until you are breathing easily.

Swim slowly, in clothing, with your head up and hands in the water.