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From: [City of Fort Worth](#)

To: [List Member](#)

Subject: Drowning deaths can be prevented, guardians must be vigilant

For Immediate Release:

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Drowning deaths can be prevented, guardians must be vigilant

(Fort Worth, TX)... Drowning is a quick and silent killer. In fact, children can drown in seconds making persistent supervision a must around any body of water.

On average, 19 Tarrant County residents drown each year for which about one third of those occur among children less than five years of age. According to the Centers for Disease Control and Prevention, for every person who drowns, three receive emergency care for submersion injuries. Non-fatal incidents can cause brain damage resulting in long-term disabilities including memory problems, learning disabilities and permanent loss of basic functions.

"Water safety involves supervision, a safe environment, proper gear and education," explained Barbara Murph, Fort Worth outreach manager. "Supervision cannot be every once in a while, it must be relentless. Kids want to be active and enjoy swimming; but as guardians, it is our responsibility to make sure they do it safely." The Fort Worth Public Health Department regularly inspects public pools. But private pools are not usually professionally monitored for safety. Private pool owners must spend time looking for and removing any hazards around pools before each use. To ensure swimming experiences are fun and safe this summer, the Fort Worth Public Health Department offers these water safety suggestions:

- Always monitor children closely when near any swimming pool, spa or body of water.
- Be sure pools are fenced and have self-closing gates with latches children cannot reach.
- Make sure rescue equipment, such as a pole, rope or life preserver is near the pool.
- Provide children with certified swimming lessons (recommended by the age of eight). However, do not consider children drown-proof because they had lessons.
- Do not rely on chlorination alone. Teach youngsters to keep pool water out of their mouths.
- Never let children jump or dive into shallow water.
- Do not let children play with any pool drain or sit on a drain in a wading pool or tub.
- Learn CPR (cardiopulmonary resuscitation). Seconds count in a water emergency.

The Fort Worth Public Health Outreach Division offers the Friends and Family CPR course focusing on basic CPR skills. For more information on the CPR course contact (817) 871-6237.