Water Safety social media posts

**Share these Facebook posts to help raise awareness about water safety.**

Facebook posts to go along with graphics

**Teach kids to swim graphic**

Teach children how to swim. Every child is different, so enroll children in swim lessons when they are ready.

Make sure they learn these five water survival skills:

- Step or jump into water over their head and return to the surface

- Turn around in the water and orient to safety

- Float or tread water

- Combine breathing with forward movement in the water

- Exit the water.

**Open water graphic**

Teach children that swimming in open water is different than swimming in a pool. Hidden hazards can be limited visibility, depth, uneven surfaces, currents and undertow. Stay in designated swimming areas whenever possible.

**Life jackets graphic**

Wear a U.S. Coast Guard-approved life jacket when boating or participating in other water activities. Choose a life jacket that is right for your child’s weight and water activity. Weak swimmers and children who cannot swim should wear life jackets any time they are in or near water.

**Learn basic water rescue skills graphic**

Learn basic water rescue skills and CPR. It’s important to know how to respond in an emergency without putting yourself at risk of drowning.