

Mission:
To protect, promote & improve the health
of all people in Florida through integrated
state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

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**FLORIDA DEPARTMENT OF HEALTH REMINDS ALL RESIDENTS TO ENJOY POOLS
SAFELY THIS SUMMER**

~ Learn how to keep your family safe in the water ~



TALLAHASSEE—The weather is heating up and for many Floridians this means it's time to cool off in the pool. While a day of playing in the pool can be fun, injuries and illnesses due to water-related activities increase during this time of year.

“Simple precautions can keep friends and family stay safe in and around pools, beaches, and lakes,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “By being watchful together, we can keep the fun in water activities for everyone.”

Pool safety is everyone's responsibility. Waterproof Florida encourages layers of protection that include supervision, barriers and emergency preparedness. You can learn about the layers on the [WaterproofFL website](#).

Here are a few tips to ensure the safety of you and your loved ones this pool season:

- Do not swim when you have diarrhea and make sure you take bathroom breaks every 60 minutes.
- Shower with soap before you start swimming and take rinse showers every time you get back into the water.
- Wash your hands after visiting the bathroom or changing diapers.

- Don't swallow the water you swim in. Parents should take children on bathroom breaks every 60 minutes and check diapers every 30–60 minutes.

Particularly for children with disabilities, adult supervision is imperative. According to the National Autism Association, from 2009--2011 accidental drowning accounted for 91 percent of the total U.S. deaths reported in children with an Autism Spectrum Disorder ages 14 and younger. Safe Kids Worldwide, a global organization dedicated to preventing injuries in children, offers a [video](#) that addresses water safety for children with special needs.

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