

ONEIDA COUNTY HEALTH DEPARTMENT

Adirondack Bank Building, 5th Floor, 185 Genesee St., Utica, NY 13501

ANTHONY J. PICENTE, JR.
ONEIDA COUNTY EXECUTIVE



PHYLLIS D. ELLIS, BSN, MS, F.A.C.H.E.
DIRECTOR OF HEALTH

ADMINISTRATION

Phone: (315) 798-6400 ☎ Fax: (315) 266-6138 ☎ Email: publichealth@ocgov.net

July 6, 2018

Contact: Rachel Evans- 315-798-5486



Summer Pool Safety

Summer time is here and the time is right for safety while swimming, and at swimming pools and bathing beaches.

The Oneida County Health Department is reminding people to be safe and proactive this summer when it comes to water recreation and pools and beaches.

Parents need to be alert when around the water, watch your children, always use the buddy system when swimming, keep safety equipment near and ready to use.

Lifeguards please stay alert and know your area of coverage and to avoid distractions, especially at times of shift changes, keep float lines attached at all times at the drop off.

Kids can do their part by obeying the rules and avoided rough play and running. Diving should never be done in water less than 8 feet deep, and is restricted at public pools and beaches

Drownings occur too often, approximately a third of drowning victims are those that have seizures. A person with a seizure does not struggle, and simply can slip under the water. A drowning victim will struggle but not yell out for help due to lack of lung capacity, but may show arms out of water and bob up and down in their struggle.

Recreational water illnesses also can be prevented if people do their part and don't swim if they have a gastrointestinal illness and not until instructed by your doctor. People carry millions of bacteria good and bad on our bodies, so please make sure you take a shower before entering a pool.

For More Information:

<http://www.cdc.gov/homeandrecreationalsafety/water-safety/waterinjuries-factsheet.html>

<http://www.cdc.gov/healthywater/swimming/swimmers/rwi.html>