

## Nurses' Nook - fun and safety in the water

Thinking of summer in the SouthCoast brings thoughts of swimming pools and beaches and lots of fun in the water. It also brings to mind the old 1970's YMCA jingle that said "There is fun in the water but there's danger too, so you have to swim well so nothing happens to you...."

Unfortunately drowning is the second leading cause of accidental death for those aged 5-24. The terrific news is that it can be mostly prevented by following a few simple guidelines. Please take a look at this [page about water safety](#) and go over it with your children. Toward the end there is information about boating safety too. And then go have fun in the water!

As always please call the nurse in your child's school if you have any questions or concerns.