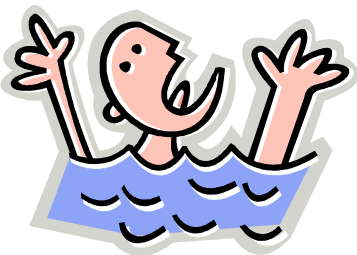




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*Information for You from Your Health Care Team*



## Winter Drowning

**Most parents think of drowning during summer. Drowning is also a risk in winter because of the use of hot tubs and whirlpools as well as the danger of hidden bodies of water or weak ice.**

**To avoid drowning dangers, parents and caregivers should:**

- Watch children in or near a pool, hot tub or any body of water.
- Remember children overheat quickly in hot tubs and whirlpools.
- Make sure pools and spas are secure. If you have a pool or spa, install four-sided fencing that is at least five feet high. The fence should have a self-closing and self-latching gate. Do not use the side of the house as one side of the fence.
- Allow children to skate only on ponds or lakes that have been approved for skating.

Speak up if you have any questions or concerns