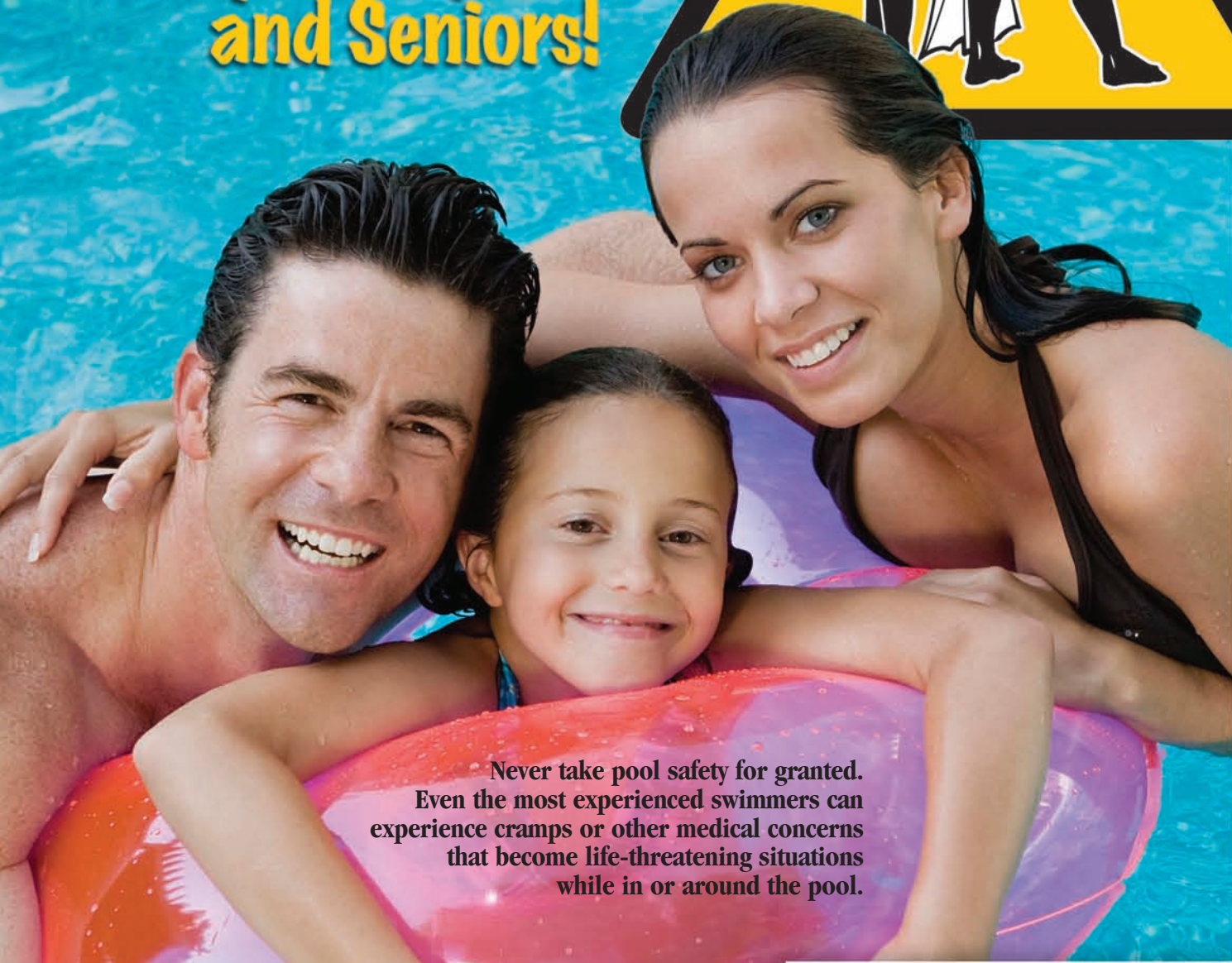


Because

we care. 

POOL SAFETY IS FOR EVERYONE

Especially Kids and Seniors!



Never take pool safety for granted. Even the most experienced swimmers can experience cramps or other medical concerns that become life-threatening situations while in or around the pool.



Pool Safety Suggestions from the Caring Professionals at LaSalle Medical Associates

- Designate a responsible adult to watch young children and seniors while swimming or playing in or around water.
- Adults should not be involved in any other distracting activity (reading, playing cards, talking on the phone, mowing the lawn, etc) while supervising children.
- Never let older children be in charge of younger children in the pool area.
- Put a fence around your pool or spa with a gate that can be locked. Keep the gate closed and locked.
- Never swim alone no matter what your age. Always have an adult buddy there to help in an emergency.
- Don't keep furniture near the fence, because children can climb on it and get over the fence.
- Keep a cordless, water-resistant phone in the pool area so calls to 911 can be made quickly in the event of an emergency.
- Avoid drinking alcohol before or during swimming or using a hot tub. Do not drink alcohol while supervising children.

LaSalle

MEDICAL ASSOCIATES **we care.** 

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