

DROWNING PREVENTION

Protect yourself and your children from possible drowning accidents with these simple steps:



Learn swimming and water-safety survival skills.



Provide close and constant attention to children in or near water.



Swim in a lifeguarded area. Never swim alone.



Children, inexperienced swimmers, and boaters should wear U.S. Coast Guard-approved life jackets.



Fence in pools and spas.

DROWNING SURVIVAL

A person who is drowning has the greatest chance of survival if these steps are followed:



Recognize the signs of someone in trouble and try to get help.



Remove the person from the water (without putting yourself in danger).



Call 911 for emergency medical services (EMS).



Begin rescue breathing and CPR. Learn CPR and first aid.



Use an AED if available and transfer care to advanced life support.



BURLINGTON
PARKS
RECREATION
WATERFRONT



American Red Cross

Translated text on reverse side provided in: Vietnamese, Swahili, French, Somali, & Nepali

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Drowning Prevention • Phòng chống chết đuối • JILINDE NA KUZAMA KWENYE MAJI • PRÉVENTION

DE NOYADE • ka hortagga ku dhacida biyaha • डूबाई रोकथाम •

Protect yourself and your children from possible drowning accidents with these simple steps: • Bảo vệ bản thân và con cái của bạn tránh tai nạn chết đuối bằng các bước đơn giản: • Jilinde na ulinde watoto wenu na ajali za kuzama kwa kufuata hatua hizi za kawaida • Des simples règles de sécurité pour vous protéger, de même que vos enfants, des possibles noyades accidentales • ka ilaali adiga iyo carurrta in aad kudhacdaan biyah adigo raceeyso qodobadaan • तलका दिएका सरल कदमहरू द्वारा तपाईंलाई र आफ्ना छोराछोरीहरूलाई सम्भावित डूबाई वटा हुने दुर्घटनाहरूबाट सुरक्षित राख्नुहोस् •



Learn swimming and water-safety survival skills. • Học bơi lội và các kỹ năng thoát chết an toàn trong nước. • Jifuze kuogelea na ujue njia za kuoga salama • Apprenez des techniques de natation et de sécurité aquatique • baro dabaasha biyaha iyo xirfadaha lagubadbaada • पौडी खेलन, पानीमा सुरक्षित रहन र जीवित रहने कौशलताहरू वा सिपहरू सिक्नुहोस् •



Provide close and constant attention to children in or near water. • Gần gũi và luôn chú ý khi trẻ em đang ở trong hoặc gần nước. • Kwa makini na kwa ukaribu, angalieni watoto kila mala wakikiwa ndani na maji pia wakiwa karibu na maji. • Surveillance permanente et à proximité des enfants près ou dans l'eau • sifiican u ilaali carurrta biyah ag jooga • छोराछोरी पानी भित्र वा पानी नजिकै हुँदा तपाईंले निरन्तर रूपमा र नजिक वटा ध्यान प्रदान गर्नुहोस् •



Swim in a lifeguarded area. Never swim alone. • Bơi trong khu vực có nhân viên cứu hộ. Không bao giờ bơi một mình. • Uogelea katika sehemu zenye usalama. Kamwe usiogelea peke yako • Nager sous surveillance d'un maître nageur sauveteur. Ne jamais nager seul. • kudabaalo meel kudhow qofka ilaaliyo daabaasha • एक जीवनरक्षक भएको क्षेत्रमा मात्र पौडी खेलनुहोस् । एकलै पौडी कहिले पनि नखेलनुहोस् •



Children, inexperienced swimmers, and boaters should wear U.S. Coast Guard-approved life jackets. • Trẻ em, người thiếu kinh nghiệm bơi lội và người đi tàu nên mặc áo phao đã được Tuần duyên Hoa Kỳ chấp thuận. • Kwa watoto, amabao hawana ujuzi wakuogelea, na wamashua lazima wavae jaketi za kulinda Maisha • Gilets de sauvetage agréés par le U.S. Coast Guard conseillés pour enfants, nageurs débutants et plaisanciers. • caruurra angaraneyni waa in aya xidhaa qalabka loqa targalay qofka dabaasha garaneyni • बालबालिकाहरूले, पौडी खेलन अनुभव नभएका मानिसहरूले, र डुङ्गावालाहरूले वा माझीहरूले अमेरिकी कोस्ट गार्ड-स्वीकृत जीवन-रक्षक जैकेटहरू लगाउनुपर्छ •



Fence in pools and spas. • Có Hàng rào trong hồ bơi và Spas. • Fensi katika mabwawa na sehemu za kujiliwaza • Clôture autour des piscines et des spas. • xayndaabyada dabaasha iyo bareegyada • पौडी खेल्ने पोखरी र स्पाहरूमा बेरा लगाउनु पर्दछ •

Drowning Survival • Thoát chết đuối • WALIYONUSULIKA NA KUZAMA • SURVIVRE UNE NOYADE • kabadbaada yaash biyo • जीवन-रक्षा •

A person who is drowning has the greatest chance of survival if these steps are followed: • Một người bị chìm có cơ hội thoát chết nhiều nhất nếu các bước này được tuân theo: • Mtu ambaye yuko katika hali ya kuzama anaweza kunusulika kwa kufuata hatua hizi zifuatazo: • En cas de noyade voici les mesures à prendre pour une meilleure chance de survie • qofka kudhaca biyah waad kabadbaadikartaa hadii qodobadaan laraaco • जब कोहि व्यक्ति पानीमा डुब्दैछ भने यी तल दिएका कदमहरूको पालना गर्दा डूबाई वटा बाँचिने सबैभन्दा ठूलो अवसर मिल्नेछ •



Recognize the signs of someone in trouble and try to get help. • Nhận ra dấu hiệu của ai đó đang gặp khó khăn và cố kêu cứu. • Tambua ishara za mtu ambaye yuko anazama na utafute huduma. • Reconnaître si quelqu'un est en difficulté et essayer de chercher de l'aide • ogow calamadah qofka halista kujiro iskuday inaad cawin heshid • कोहि समस्यामा छ भन्ने सङ्केतहरूलाई पहिचान गर्नुहोस् र मद्दत उपलब्ध गराउने प्रयास गर्नुहोस् •



Remove the person from the water (without putting yourself in danger). • Vớt người đó lên khỏi nước (mà mình không bị nguy hiểm). • Mtoe mtu katika maji bila wewe kujiingiza hatarini. • Aidez la personne à sortir de l'eau (sans vous mettre en danger vous même) • kabixi qofka biyah adigoo qatar safasadaad gilinni • त्यो व्यक्तिलाई पानीबाट हटाउनुहोस् (आफूलाई खतरामा नपारी) •



Call 911 for emergency medical services (EMS). • Gọi 911 xin dịch vụ y tế khẩn cấp (EMS). • Piga 911 kwa huduma wa dharura (EMS). • Composez le 911 pour services médicaux d'urgence (EMS) • uwaco 911 gurmudka degdeg ah • आपातकालीन चिकित्सा सेवाका लागि ९११ मा कल गर्नुहोस् (ईएमएस) •



Begin rescue breathing and CPR. Learn CPR and first aid. • Bắt đầu hít thở cấp cứu và dùng CPR. Học CPR và sơ cứu. • Aanza kumuokoa kwa kutumia huduma za pumzi na CPR. Jifunze CPR na jinsi ya kuokoa mtu. • Commencer la respiration de sauvetage et RCR. Apprendre RCR et premiers secours • kacaawi neefsashad wax loyaqaa farsta eed • बचाव उद्धार सास र सीपीआर शुरु गर्नुहोस् । सीपीआर र प्राथमिक चिकित्सा उपचार सिक्नुहोस् •



Use an AED if available and transfer care to advanced life support. • Sử dụng AED nếu có sẵn và chuyển sang sự chăm sóc tân tiến hơn. • Tumia AED kama ipo na hamisha huduma kwa wataalamu wanaohusika na kuokoa watu. • Si disponible, utiliser un DAE (défibrillateur automatisé externe) et transférer à services de réanimation d'urgences • isticmaal qalabka caawi haduu vaalo una gudbi qofka goobah cafimaad silocaawi • यदि उपलब्ध छ भने AED प्रयोग गर्नुहोस् र उन्नत जीवन समर्थनको हेरचाह वा सेवाका लागि स्थानान्तरण गर्नुहोस् •