

Prevent Drowning



**"Be Pool Smart" Poster Contest Winner
Fatimah Chaudhary, age 10; Teacher: Mr. Burghardt
Longwood Middle School, Middle Island, NY**



Suffolk County

**Steven Bellone
County Executive**

Suffolk County Legislature

**James L. Tomarken, MD, MPH, MBA, MSW
Commissioner of Health Services**

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MAR 04 2022
DR. PATRICK HARRIGAN
SUPERINTENDENT OF SCHOOLS

Anne
3/3/2022



Did you know?

- Ten people die from drowning each day in the United States.
- About one in five people who die from drowning are children ages 14 and under.
- Among children ages one to four, most drown in home swimming pools.
- Three out of ten deaths in children aged one to four are caused by drowning.
- Most young children who drown have been out of a caretaker's sight for less than five minutes.
- For every child under 15 years old who dies from drowning in a pool, another 10 are rushed to the emergency room for near drowning.
- When victims nearly drown, their brains are deprived of oxygen, which can cause damage and affect a person's ability to function.
- The good news is that

Pool Safety Laws

New York State law requires that residential swimming pools be equipped with an approved pool alarm, unless the pool is equipped with an automatic power safety cover. The pool must be enclosed within a fence or other barrier that is at least four feet high and can be entered only through self-closing and self-latching doors or gates. Suction outlets must be protected against user entrapment. Current codes can be found on the NYS Department of State website. Contact your local municipality for additional code and zoning requirements.

Tips to Prevent Drowning

- Young children can drown in a few inches of water. A child younger than five years of age should always be within arm's reach when near water.
- Because drowning occurs quickly and quietly, adults should not be involved in any other distracting activity (such as reading or talking on the phone) while supervising children.
- If you leave the pool area, even for a minute, take your children with you.
- Learn to Swim. Formal swimming lessons can protect adults and children from drowning. However, even when children have had lessons, constant supervision is needed.
- Teach older children to always swim with a buddy and where lifeguards are on duty.
- Don't use air-filled or foam devices in place of life jackets. These toys are not designed to keep swimmers safe.
- When the pool is not in use, remove the steps and take all toys away from the pool area.
- Keep a first aid kit stocked and available near the pool.

- Teach children how to dial 9-1-1 and how to get help in an emergency. Make sure children know their address.
- Keep a cell phone in the pool area in case of emergency.
- Obtain certification in cardiopulmonary resuscitation (CPR). In the time it takes for paramedics to arrive, your CPR skills could save someone's life.

Signs of Drowning

- Drowning victims do not usually scream or wave their arms. Signs of drowning include:
- Head low in the water, mouth at water level;
 - Head tilted back with mouth open;
 - Eyes closed OR glassy and empty, unable to focus;
 - Hair over forehead or eyes;
 - Not using legs, vertical position;
 - Hyperventilating or gasping;
 - Trying to swim but not making headway;
 - Trying to roll over to their backs;
 - Appearing to be climbing on an invisible ladder.

Learn CPR

Cardiopulmonary resuscitation (CPR) saves lives. If you perform CPR on a drowning victim while waiting for an ambulance to arrive, you might save a life or greatly improve the outcome. Contact Suffolk County Department of Health Services at 631-852-4797 for dates and locations of classes that will enable you to become certified in cardiopulmonary resuscitation (CPR). Visit www.heart.org for more information on CPR and CPR training.

Suffolk County
Department of Health Services
3500 Sunrise Highway Ste. 124
Great River, NY 11739-9006
SCDHSweb@suffolkcountyny.gov

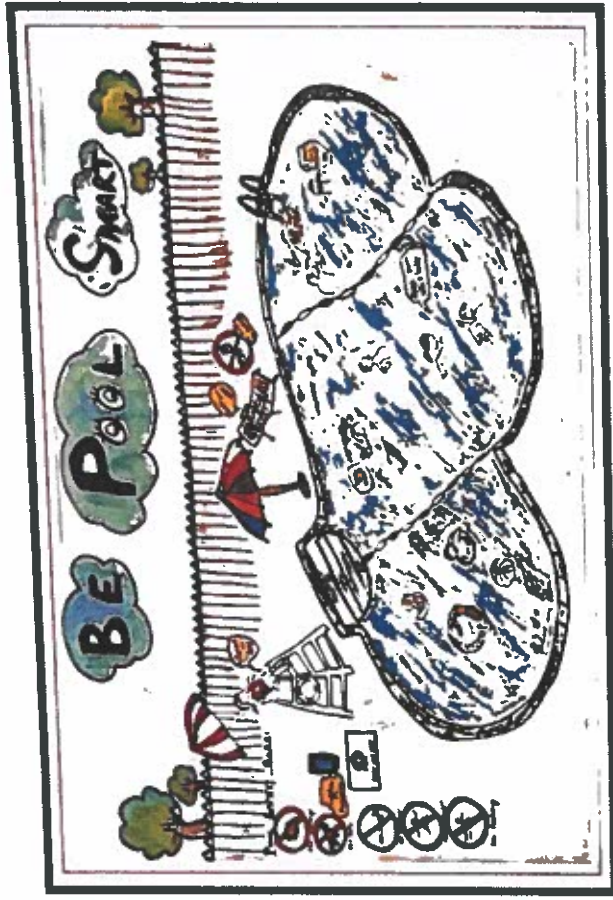
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Public Health
Prevent. Promote. Protect.



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Suffolk County Legislature

Office of Legislator Manuel Esteban, Esq.

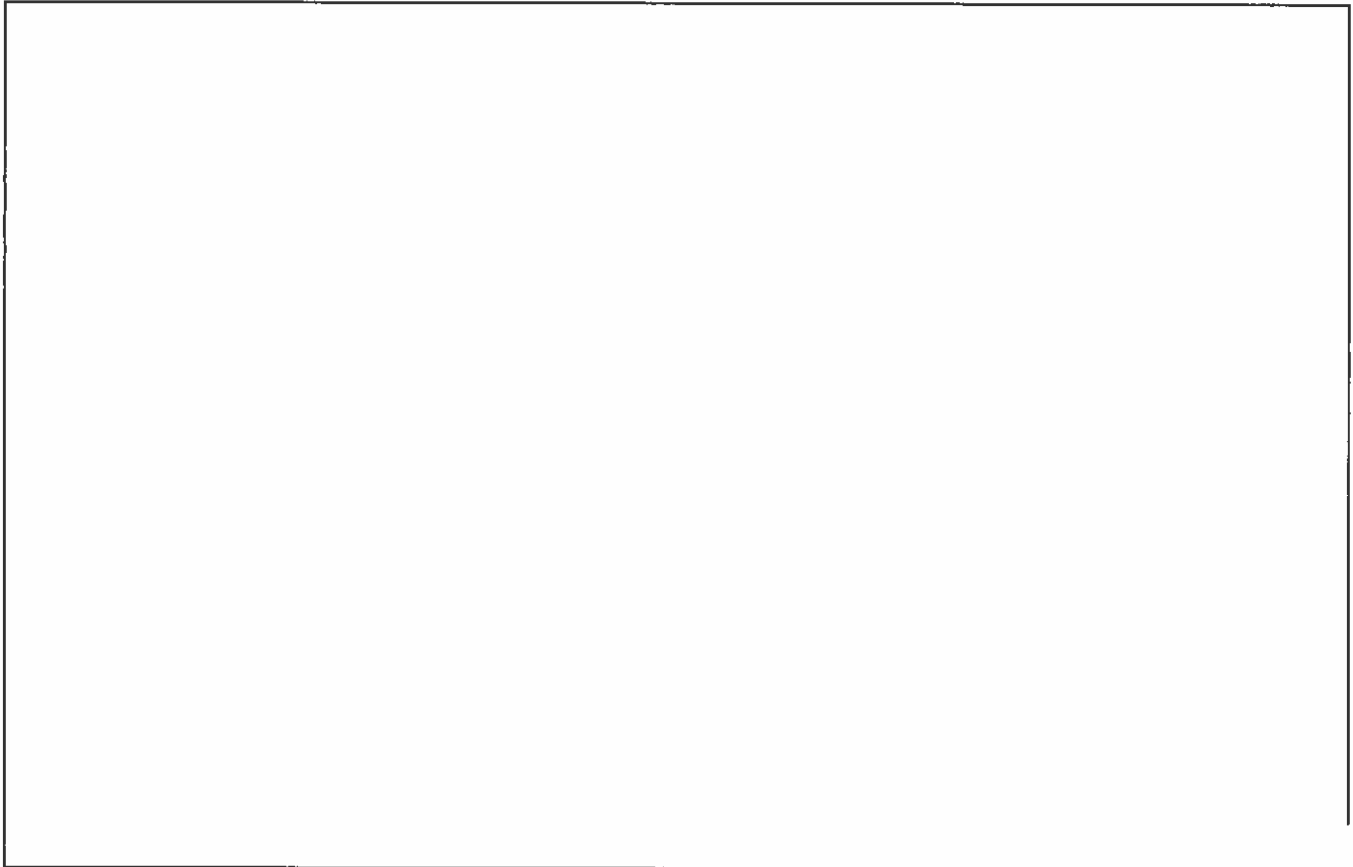
6080 Jericho Turnpike, Suite 307

Commack, NY 11725



BE POOL SMART CAMPAIGN

**POSTER
CONTEST**



Entry Deadline: Wednesday, May 4, 2022

COUNTY OF SUFFOLK



COUNTY LEGISLATURE

MANUEL ESTEBAN, ESQ.
SUFFOLK COUNTY LEGISLATOR
16TH DISTRICT

6080 JERICO TURNPIKE, SUITE 307
COMMACK, NY 11725
(631) 854-5100
FAX 854-5103
e-mail: manuel.esteban@suffolkcountyny.gov

March 2, 2022

Dr. Patrick Harrigan, Superintendent
Half Hollow Hills School District
525 Half Hollow Road
Dix Hills, NY 11746

Dear Superintendent Harrigan,

I am pleased to extend an invitation to your elementary school students to participate in the Suffolk County Legislature's "Be Pool Smart" poster contest. Resolution Number 927-2007 directs the Legislature to hold this campaign and poster contest annually. The "Be Pool Smart" poster contest promotes the importance of pool safety.

I will be judging the poster entries and will select a finalist to represent my legislative district. The poster will be submitted to the Presiding Officer's office and he will then present all the winning posters to the Budget Review Office where they will select the poster to be used as part of a countywide message to be disseminated by the Suffolk County Department of Health Services.

In addition, the student winner of the contest will be presented a proclamation, and a press release and photo will be distributed to local newspapers in order to help celebrate his/her accomplishment. All participating students will be acknowledged with a certificate of achievement from my office.

Thank you in advance for your help and cooperation. The "Be Pool Smart" posters should be submitted to my office no later than Wednesday, May 4, 2022. I have attached a copy of Resolution 927-2007, a contest flyer and a pamphlet to help describe the program.

Sincerely,

A handwritten signature in black ink, appearing to read "Manuel Esteban".

Manuel Esteban
Suffolk County Legislator
16th Legislative District

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MAR 04 2022

DR. PATRICK HARRIGAN
SUPERINTENDENT OF SCHOOLS

