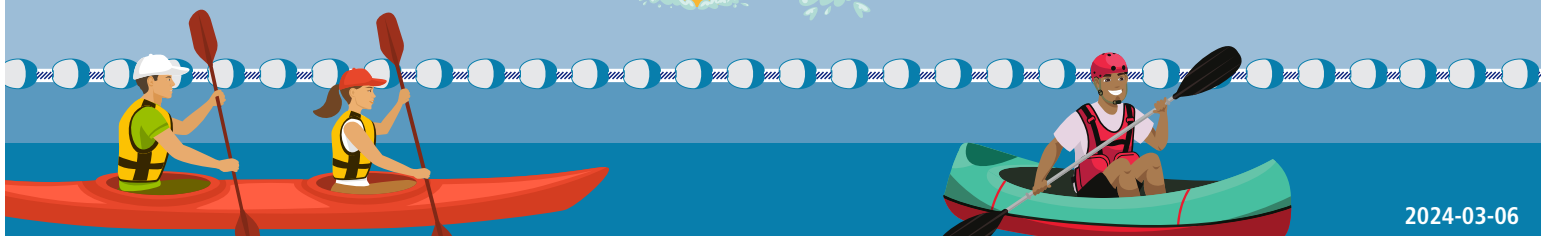




Keep cool and stay safe around the water this summer



- ✓ Always keep children within arm's reach in and around the water.
- ✓ Ensure children and weaker swimmers wear properly fitted lifejackets or personal flotation devices (PFD) in and around the water.
- ✓ Don't swim alone. Always swim with others who know how to swim.
- ✓ Swim in areas where lifeguards are on duty.
- ✓ Be aware of the limits of your swimming abilities.
- ✓ Stay sober. Do not use alcohol, cannabis or drugs when swimming or supervising others in the water.
- ✓ Be aware of the conditions where you swim. Watch for currents and changes in the lake or river bottom.
- ✓ Make sure you and your family members learn to swim.
- ✓ Keep your phone close when you are at a pool and know what to do in an emergency, including CPR and calling 911.
- ✓ Enjoy safe boating. Make sure everyone is wearing the correct sized life jacket or PFD for all water activities.



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Is qabooji oo nabad ku ahow agagaarka biyaha xagaagan

- ✓ Had iyo jeer ku hay ilmaha meel ay gacantu gaadhi karto gudaha iyo hareeraha biyaha.
- ✓ Hubi in carruurta iyo kuwa daciifka ku ah dabaasha ay xidhaan jaakadaha badbaadada oo si habboon u le'eg ama aaladaha sabbaynta shakhsi ahaaneed (PFD) gudaha iyo hareeraha biyaha.
- ✓ Keligaa ha dabaalan. Had iyo jeer la dabaallo dadka kale ee yaqaan dabaasha.
- ✓ Ku dabaalo meelaha ay badbaadayaashu shaqada ku jiraan.
- ✓ Ka digtoonow xadka awoodahaaga dabaasha.
- ✓ Miyir qab ahow. Ha isticmaalin khamro, xashiishad ama daroogo markaad dabaalanayso ama aad kormeerayso dadka kale ee biyaha ku jira.
- ✓ Ka digtoonow xaaladaha meelaha aad ku dabaalato. U fiirso qulqulka iyo isbeddellada harada ama gunta hoose ee webiga.
- ✓ Hubi in adiga iyo xubnaha qoyskaagu aad barataan dabaasha.
- ✓ Taleefankaaga meel dhow ku hay markaad ku jirto barkad oo ogow waxaad samayso xaaladda degdegga ah, oo ay ku jiraan CPR iyo in la Waco 9-1-1.
- ✓ Ku raaxayso doon badbaado leh. Hubi in qof walba uu xidhan yahay jaakad nololeed oo sax ku ah ama PFD dhammaan hawlaha biyaha.



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