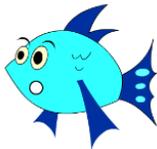


# Water Safety

Drowning is one of the leading causes of child deaths each year. Here are some tips to help keep kids safe around water:

- **Never leave a child unattended around water.** Children are drawn to it, and very young children can drown in just an inch of water.
- Empty all buckets, pails, and bathtubs completely after each use—do not leave them full and unattended.
- Always have an ADULT supervising young swimmers.
- Don't mix alcohol and supervision of children.
- Be sure that the adult watching your child knows how to swim, get emergency help, and perform CPR.



- Keep rescue equipment (such as life preserver or shepherd's hook) and a telephone near the pool.
- Plastic or blow-up wading pools should always be drained and stored in an upright position after each use.
- Enclose pools completely with a self-locking, self-closing fence. Do not leave furniture around that children can use to climb over the fence.
- Teach your child to swim at an early age.
- Flotation devices or inflatable toys are not substitutes for supervision, even if a child can swim.



# Summer Safety Reminders

- Have kids wear a properly fitted helmet when riding a bike, skateboard, scooter, or rollerblading.
- Keep a shock-absorbing surface under and around home playground equipment. Always supervise kids on play equipment.
- Use caution with outdoor grills when children are present.
- Install window guards to prevent children from falling out of windows. Install in any room where young children spend time.
- Never depend on screens to keep children from falling out of windows.
- Limit sun exposure for kids and infants.
- Apply sunscreen, even on cloudy days, and reapply every two hours, or after swimming.



# Never Leave Children Unattended in a Car



The temperature inside a car can get dangerously hot, even in moderate weather and with the windows slightly down. An average of 37 children DIE from being left in hot cars every year in the United States.

Simply leaving the air conditioner on doesn't make your child safe. A child could put the car in drive, get caught in a closing power window, or be abducted.

Here are some tips to keep kids safe around cars:



- Never leave a child unattended in a car. **Not even for a minute.**
- Always lock your car and secure the keys so that your kids can't get to them.
- Warn your children about playing in and around cars.
- Install a trunk release mechanism so that kids can't get trapped inside the trunk.
- Get your kids out of the car first, and then worry about unloading groceries or other items out of the car.

## Important Resource Numbers And Websites

### Summer Activities:

<https://www.cityofsacramento.org/ParksandRec>

### ChildHelp National Child Abuse Hotline:

Counselors available 24 hours a day with information, intervention, & referrals.  
1-800-4-A-CHILD (1-800-422-4453)

### Free Meals This Summer:

Call 211 or text "FOOD" for English or "COMIDA" para Español to 877-877

### Safe Kids Sacramento:

<http://www.safekidssacramento.org/>

### SETA Head Start

925 Del Paso Blvd. Suite 100  
Sacramento, CA 95815  
(916) 263-3800



# Summer Safety Tips for Kids and Families



Summer is a **fun time.**  
Make it a **safe time, too!**