

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

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FLORIDIANS ENCOURAGED TO PRACTICE HEALTHY HABITS DURING WATER-RELATED ACTIVITIES

TALLAHASSEE - In recognition of Recreational Water Illness and Injury Prevention Week, May 19 – 25, the Florida Department of Health encourages all Floridians to take precautions to stay healthy and safe during recreational water activities. With Memorial Day and summer just around the corner, the potential for illnesses and injuries in water-related activities increases as residents and visitors enjoy water activities in Florida.

Recreational Water Illness and Injury Prevention Week focuses on simple steps swimmers and pool operators can take to help ensure a healthy and safe swimming experience for everyone. Each year, mishandling pool chemicals leads to over 3,000 visits to emergency rooms across the nation. Every day, two children under 14 years of age die from drowning, making drowning the leading cause of injury death for children 1 to 4 years old.

“Practicing healthy habits during water-related activities can ensure an enjoyable summer for everyone,” said Dr. Celeste Philip, Deputy Secretary for Health and Deputy State Health Officer for Children’s Medical Services. “Taking simple precautions will help you and your family remain healthy and safe.”

Tips for water safety include:

- Use life jackets appropriately
- Provide continuous, attentive supervision for swimmers
- Know CPR
- Shower with soap before you swim to reduce the amount of bacteria in the water
- Prevent access to water when pool is not in use
- Follow directions on product labels and wear appropriate safety equipment when handling pool chemicals
- Check the chlorine and pH level before entering the pool, and don’t swallow the water

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Florida Department of Health

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