



everychild.onevoice.®

## ***Summer Pleasure Could be a Summer Danger!***

Hoping to beat the heat in a cool pool? Watch out for your children's safety: drowning is one of the leading causes of death in children under the age of 5 years old.

Among children aged from one to four years old who died from unintentional injury, over 30% died from drowning. This doesn't only impact pre-school aged children: according to the Centers for Disease Control (the "CDC"), an average of 390 fatalities reported annually from 2007 to 2009 involved children under the age of fifteen. From 2009 through 2011, an estimated annual average of 5,200 children younger than 15 years old were treated in emergency rooms in the USA for injuries associated with pool or spa submersions. Approximately seventy-five percent of the children of the reported pool or spa-related drowning fatalities were younger than five years old.

Here's another grim fact: for every child who dies from drowning, another *five* receive are treated in emergency rooms for non-fatal injuries caused by submersion! Boys are more likely to drown than girls. African American children have an increased risk of drowning. Overall, risks are increased in warm weather when children are more likely to be near pools or bodies of water.

What factors lead to an increase of the risk of drowning? The risk factors include: the lack of close supervision of children by adults; the lack of swimming ability; and the lack of barriers, (including pool fencing, to prevent young children from gaining access to the pool area), are just a few.

How can you keep your child safe?

- Never allow them to swim without supervision: not even for a minute.
- Enroll your child in formal swimming lessons: these are often available from park districts and local community groups. According to the CDC, taking swimming classes statistically reduces the risk of drowning in children four years and under.
- Do not use air-filled or foam toys as a safety device: these are NOT life jackets and are not designed to keep your child safe.
- Learn CPR (Cardio Pulmonary Resuscitation): these classes may also be available in your community. Remember: if an accident does happen, every second counts.

For the sources of the above information, and more details, please check the following websites:

CDC's Fact Sheet on Water Safety and Water Injuries: <http://www.cdc.gov/HomeandRecreationalSafety/Water-Safety/waterinjuries-factsheet.html/>

The CDC's full 2012 report may be found at:  
<http://www.cpsc.gov/library/foia/foia12/os/poolsub2012.pdf>

The Illinois Department of Public Health's Prevention Tips is located at:  
<http://www.idph.state.il.us/public/books/summer.htm>

Additional safety information and tips from the CDC may also be found at:  
<http://www.cpsc.gov/cpsc/pub/pubs/chdrown.html>

Let's work together to keep our children safe all year!

Submitted by  
Lisa Garbaty, Illinois PTA Resolutions Director  
[lgarbaty@illinoispta.org](mailto:lgarbaty@illinoispta.org)

## ***Resolutions: Seeking Solutions to Our Children's Issues!***

Do think that you have a statewide issue that impacts our children? If so, you may have the beginnings of a Resolution for the Illinois PTA.

For step-by-step guidance on how to begin, go to <http://www.illinoispta.org>. Search under "Taking Action/Resolutions. (This will also be found in your Local Unit Packet).

I would love to hear from you soon! (Don't wait until the deadline submission date of January 3, 2013!)

Questions?

Please contact me at [lgarbaty@illinoispta.org](mailto:lgarbaty@illinoispta.org) or at 773-216-0909.