

Facts About Drowning

Drowning is a quick and silent killer!!!!!!!

In 10 seconds a child can slip underwater. In less than two minutes underwater a child can lose consciousness.

Drowning is the second leading cause of accidental death among children ages 1 to 14 and the leading cause of accidental injury-related death among children ages 1-4,



In 2004, my son Matthew Testerman suffered severe brain damage from a near-drowning accident. The purpose of this flyer is to remind and reeducate the Sanger community on the importance of diligent water safety. Please read the flyer carefully !!! Our experience with this devastating accident has caused extreme anguish and unnecessary suffering for Matthew and everyone that knew and loved my son. I sincerely believe that by informing the public about how preventable a drowning accident is, the necessary measures will be taken to stop this awful tragedy from happening .

Matthew has progressed so much since his accident and we will never stop trying to aid him in his recovery. He is happy, healthy and a very determined little boy.

He is still in need of several medical therapies that are not covered by his insurance.

Please help Matthew's family and friends raise the necessary funds for his ongoing medical needs.



Matthew holding his head up for the first time since his accident.

April 2007

Also, help to support our efforts to educate the community on Water Awareness.

Sending this flyer home with your kids and educating them about water awareness is a wonderful way for me to share my knowledge of what can be unexpected in life. Please help me help you in protecting our most precious gift in this world, our children.

Bracelets are \$2.00

Thank You for Supporting this wonderful Cause!!!!!!

Please take the time to read the next page, it will only take a small amount of your time and it is so important to learn about pool and water safety. I thought that it would never happen to me because we watched him so diligently.. We did not take all precautions to prevent this accident because we did not realize the outcome. So, please take the time and read the fact sheet on how to keep your child safe.

How To Keep Your Child Safe

The key to preventing these tragedies is to have layers of protection. This includes placing barriers around your pool to prevent access, using pool alarms, closely supervising your child and being prepared in case of an emergency.



- If a child is missing, always check the pool first — there's no time to spare.
- Put as many barriers between your child and a backyard pool as possible.
 - Lock doors and windows leading to the pool.
 - Add door alarms or self-closing/self-latching devices for outside doors.
 - Pool fences (called isolation fences) should be at least 4 feet high and go all the way around the pool.
 - Look for self-closing and self-latching gates.
 - Install gate alarms and pool alarms to alert you when someone is in or around the pool area.
- Enroll children in a certified class for teaching infants to swim.
- Enroll kids age 4 and older in swimming lessons taught by a certified instructor – but don't assume swimming lessons make your child "drown-proof."
- Learn infant and child CPR. Classes are offered by the Red Cross and several EMS locations.
- Young children can drown in as little as one inch of water.
 - Stay with your child when he is in the bathtub, even if he is with an older sibling.
 - Keep toilet lids shut and use toilet locks if you have an infant or toddler in the house.
 - Empty out buckets as soon as you are done with your chores. When taking a break, put the bucket where your child cannot reach it. Store empty buckets upside down.
- Have toddlers wear life jackets, **not** floaties or water wings. Test life jackets for a proper, snug fit – if you cannot pull the jacket up to the child's ears, his nose will stay above water.

Stay Informed

SafeKids U.S.A. <http://www.usa.safekids.org>

U.S. Consumer Product Safety Commission <http://www.cpsc.gov>

For more health and safety advice consult your local children's hospital. For a national listing go to www.childrenshospitals.net/hospitalprofiles

Safety information found on the Get on Board with Child Safety! Web site has been provided by the Get on Board with Child Safety! partner hospitals.