

PREVENTION is the best treatment

- ✓ Learn how to swim
- ✓ Know boating and swimming pool safety rules
- ✓ Know basic life saving rescue and CPR



Signs and Symptoms may include

- No breathing
- Possibly no pulse
- Blue face and lips
- Possibly a fine foamy froth from the mouth and nose



Treatment

Follow the Basic First Aid Plan to assess the casualty

Never become a casualty yourself – never attempt a rescue beyond your capabilities.

Consider using a floatation device for the casualty to cling to. This may calm them down and stop them from panicking and injuring or drowning the rescuer

- ✓ Begin mouth to nose rescue breaths in the water if possible, while wading to shore. If in deep water use a floatation aid. DO NOT attempt rescue breaths if there is danger to yourself.
- ✓ Once ashore – check and clear the airway.
- ✓ Seek medical aid immediately.
- ✓ Commence CPR
- ✓ Once breathing commences, place the casualty onto their side. Keep warm and continually monitor observations until medical aid arrives.



NOTE: Even if the casualty is resuscitated successfully, they still need to seek medical aid.