



FOR IMMEDIATE RELEASE

DATE: July 3, 2019

Water Safety

Pools, lakes, ponds, and beaches mean summer fun and cool relief from hot weather. But water can also be dangerous for kids if parents don't take the proper precautions. Drowning is the second most common cause of death from injuries among kids under the age of 14. Drowning can happen fast — sometimes in less than 2 minutes after a person's head goes under the water. That leaves very little time for someone to help.

Tips to follow for swimming:

- Never swim alone!
- Always swim where a parent/lifeguard can see you and in areas that are marked for swimmers to use.
- If you're learning to swim, make sure you have appropriate flotation devices on that are Coast Guard-approved.
- Swim at a depth that is safe for you. If you're just learning to swim, stay in the shallow water
- Never pretend to be drowning.
- Don't push or jump on others. You could accidentally hurt someone or yourself
- Don't swim in the dark.
- Don't swim close to piers — those big, wooden structures that jut out into the water. If the water moves suddenly, you could hit a piling or a rock.
- Learn to swim. Ask your parents to contact your local community center for information on water safety/swimming courses.

Always remember when out in the sun to wear appropriate sunscreen, drink plenty of fluids, and appropriate clothing including hat and eyewear.

Our Vision: Being Minnesota's favorite place.

Our Mission: Serve well. Deliver value. Drive results.

Our Values: Be responsible. Treat people right. Build a better future.

Child and Teen Checkups – Health screenings for kids

Local health care providers offer Child and Teen Checkups to Crow Wing County residents through age 20 on Medical Assistance. The program provides medical, dental, and vision exams from participating providers in Crow Wing County. More information, including a current list of local Child and Teen Checkups providers can be found at www.ChildAndTeenCheckups.com or by calling 1-877-724-1080. Appointments can be scheduled by contacting participating providers and asking for a Child and Teen Checkup.

The Child and Teen Checkups program is federally required by the Social Security Act and is administered by the Minnesota Department of Human Services and Crow Wing County.

Community Services administers more than seventy federal and state benefit and assistance services and programs to residents in Crow Wing County. The Department is dedicated to providing excellent service and efficient management in performing its mission of promoting and protecting the health, well-being and self-sufficiency of all Crow Wing County residents.



218-824-1080 or 1-877-724-1080
ChildAndTeenCheckups.com

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