

LISTOS CALIFORNIA

EMERGENCY PREPAREDNESS TIPS



STAY SAFE IN FAST & COLD WATER

Rivers and other bodies of water are colder, deeper, and faster than normal because of melting snow and more rain than past years. Even on hot and sunny days, open water can be too cold and too fast for the best swimmers.



Watch out for:

- Very cold water. Get out as quickly as possible to avoid shock and hypothermia.
- Slippery surfaces near moving water. Don't fall in.
- Uneven surfaces at the bottom of rivers. Be careful where you put your feet.
- Hidden trees and rocks under the water. Avoid getting trapped or hit.
- Distractions such as drinking alcohol or looking at your cell phone. Stay alert.
- Children playing near water. Make sure an adult keeps watch on them at all times.
- Wet clothing. Bring extra clothes to change into to stay warm.



Life vests can save your life!

- Wear a vest when swimming, boating, or playing in the water.
- Also wear a vest when you are within 20 feet of water.
- Vests help you keep warmer and make you float for easier rescue.
- Borrow vests from state parks or fire departments if you do not have them.



What to do if you fall in cold water:

- Do not panic. Breathe slowly to keep calm. Kick off heavy shoes.
- Swim to the shore as soon as possible. Do not swim against the current.
- If you are wearing a life jacket, float on your back.
- If you fall out of a boat that flipped over, try to get on top of it to wait for rescue.



What to do if someone else falls in cold water:

- Throw them something that floats and tell them to hold on.
- Call 9-1-1.
- Do not try to save them yourself.

