

# WATER SAFETY

The Maryland Department of Health (MDH) recognizes that Marylanders are preparing to enjoy the warmer weather. MDH offers this Water Safety toolkit to educate Maryland residents on the steps necessary to stay safe at the beach or pool and in the sun.

## Resources

The following includes MDH's social media channels, an MDH webpage to share, and an overview of the content included in this toolkit.

### MDH Social Media Accounts to Follow:

- [X \(Twitter\)](#)
- [Instagram](#)
- [Facebook](#)
- [YouTube](#)
- [LinkedIn](#)
- [Bluesky](#)
- [Threads](#)

### Included in this Toolkit:

- Social media copy for five posts.
- Four social media graphics in English and Spanish.
- Three MDH webpages to share:
  - [health.maryland.gov/water-safety](https://health.maryland.gov/water-safety)
  - [bit.ly/HealthySwimmingMaryland](https://bit.ly/HealthySwimmingMaryland)
  - [bit.ly/DrowningPreventionMaryland](https://bit.ly/DrowningPreventionMaryland)

## English Social Media Copy

1. Are you cooling off in the pool or at the beach this summer? Follow these tips to keep your friends and family safe. Learn more about water and swimming safety at [health.maryland.gov/water-safety](https://health.maryland.gov/water-safety).
2. What is your favorite part about hanging out by the pool? Do you enjoy swimming, napping in a comfortable chair, or snacking? Our favorite part is keeping everyone healthy and safe by sharing these tips!
3. Summer is here! Be ready for water fun. Know how to stay safe at the pool or beach. Learn more about water safety: [bit.ly/HealthySwimmingMaryland](https://bit.ly/HealthySwimmingMaryland).
4. Heading outside for some fun in the sun and sand? Before you go, know the water safety tips that can reduce your family's risk of illness and injury. Learn more about staying safe in the water: [bit.ly/HealthySwimmingMaryland](https://bit.ly/HealthySwimmingMaryland).
5. Swimming lessons can prevent drowning and save lives. Ensure everyone knows how to swim and provide continuous, close supervision to swimmers and children near the water. Learn more about drowning prevention: [bit.ly/DrowningPreventionMaryland](https://bit.ly/DrowningPreventionMaryland).

## Spanish Social Media Copy

1. ¿Se refrescará en la piscina o en la playa este verano? Siga estos consejos para proteger a sus amigos y familiares. Obtenga más información sobre la seguridad en el agua y la natación en [health.maryland.gov/water-safety](https://health.maryland.gov/water-safety).
2. ¿Cuál es su parte favorita de pasar el rato junto a la piscina? ¿Le gusta nadar, tomar una siesta en una silla cómoda o comer bocadillos? ¡Nuestra parte favorita es mantener a todos sanos y seguros al compartir estos consejos!
3. ¡El verano ya está aquí! Prepárese para divertirse en el agua. Aprenda a mantenerse seguro en la piscina o en la playa. Obtenga más información sobre la seguridad en el agua en [bit.ly/HealthySwimmingMaryland](https://bit.ly/HealthySwimmingMaryland).
4. ¿Quiere salir a disfrutar del sol y la arena? Antes de salir, infórmese sobre los consejos de seguridad en el agua que pueden reducir el riesgo de que su familia se enferme o se lesione. Obtenga más información sobre cómo mantenerse seguro en el agua en [bit.ly/HealthySwimmingMaryland](https://bit.ly/HealthySwimmingMaryland).

5. Las clases de natación pueden prevenir ahogamientos y salvar vidas. Asegúrese de que todos sepan nadar y proporcione una supervisión continua y cercana a los nadadores y a los niños que estén cerca del agua. Obtenga más información sobre cómo prevenir ahogamientos en [bit.ly/DrowningPreventionMaryland](https://bit.ly/DrowningPreventionMaryland).

## Social Media Graphics

Alt text and a sample of the four social media graphics included in this toolkit are provided below. Languages include English and Spanish.



### English Alt Text:

1. Six tips for water safety. Teach kids how to swim. Use the buddy system. Designate a "Water Watcher" to watch kids without distractions. Secure the pool with a fence. Use life jackets. Learn CPR.

### Spanish Alt Text:

1. 6 consejos para la seguridad en el agua. Enseñe a los niños a nadar. Use el sistema de amigos. Designe a un "vigilante del agua" para observar a los niños sin distracciones. Asegure la piscina con una cerca. Use chalecos salvavidas. Aprenda RCP.