

Maggie's Health Tips



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A day at the pool.

I love the water. It's a great way to cool off on a hot, sunny day. To keep yourself and everyone else safe, it's important to remember some rules.

- Always look before you jump into a pool. Also, only dive off the diving board. Never dive off the side of the pool, unless an adult says the water is deep enough.
- Always have an adult watch you when you are in the pool — even in your own backyard. Never go in the pool if there is no adult around. Always call an adult or lifeguard if there is an emergency.
- Never go through any pool gates when they are closed. Stay safe and stay out!
- Swim with a buddy.
- Walk slowly in the pool area. Don't run.
- Swim at a depth that is safe for you. If you're just learning to swim, stay in the shallow end.
- Don't push or jump on others. You could accidentally hurt someone or yourself.
- Toys to help you float come in many shapes and sizes (*an inner tube, air mattress, or beach ball, etc.*). Although they're fun and can help you while you learn to swim, they will not save a life. They're toys that can lose air or float away.
- Don't chew gum or eat while you swim — you could choke.



L	B	U	D	D	Y
I	T	E	E	D	S
F	R	E	E	W	H
E	N	M	P	A	A
G	P	O	O	L	L
U	S	F	W	E	L
A	Z	W	X	B	O
R	Q	E	I	P	W
D	I	V	E	M	C

Find the following words in the pool safety puzzle.

LIFEGUARD	BUDDY	SWIM	POOL
SHALLOW	DEEP	DIVE	

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To talk to an interpreter, call 1-866-912-6285 (Relay 711). Magnolia Health provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (18 point font or larger print, audio, accessible electronic formats, other formats).

Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Magnolia Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-866-912-6285 (Relay 711).

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