Reach or throw, don’t go

For parents, teens, adults, caregivers, camps, teachers, faith communities

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What this infographic says

Help someone in the water without becoming a second victim.

- Shout for help and get someone to call 911.
- Reach with a pole, branch or towel while you stay on land.
- Throw something that floats, like a ring buoy or life jacket.
- Don’t go in unless you are a trained rescuer.

Sources

1. Water Safety, American Red Cross. https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html
2. National Water Safety Month reminds families: Drowning is preventable, American Red Cross. https://www.redcross.org/about-us/news-and-events/press-release/2026/national-water-safety-month--drowning-is-preventable-.html
3. Water Competency, Water Safety USA. https://www.watersafetyusa.org/water-competency.html
4. Rip Currents and Beach Hazards, National Weather Service. https://www.weather.gov/wrn/rip-currents-sm

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