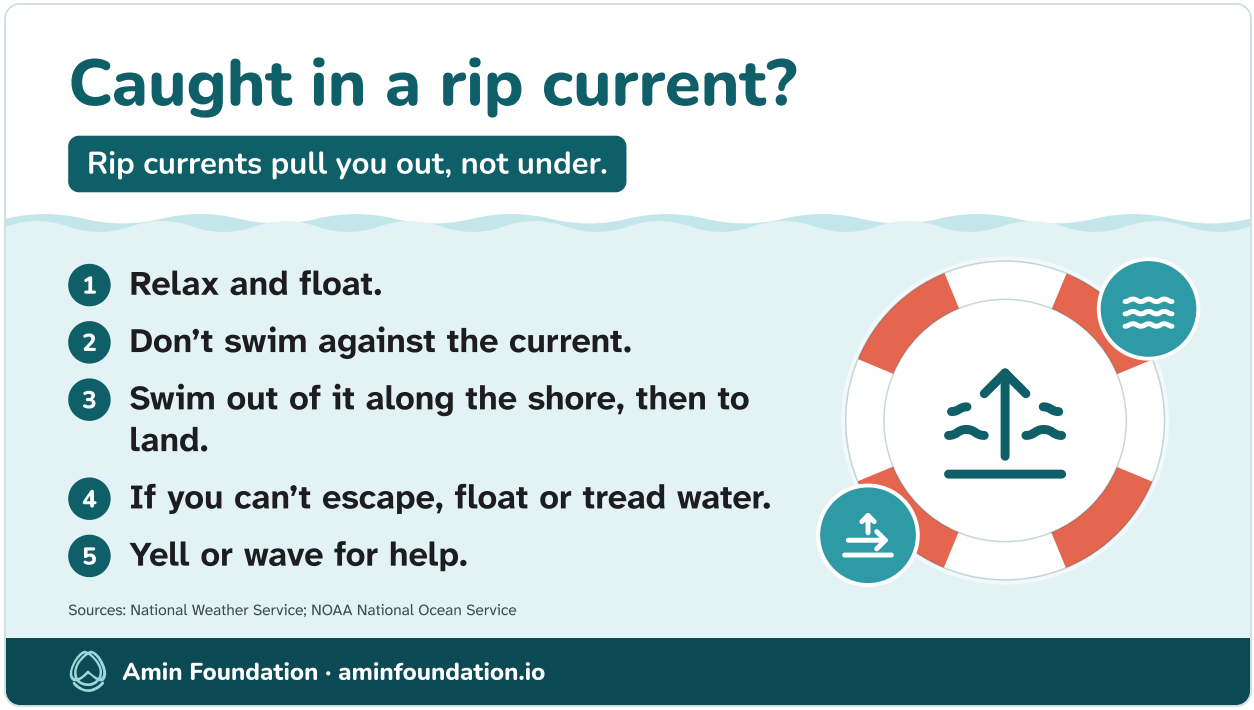
Caught in a rip current?

For parents, teens, adults

Scan for the web page, sources and downloads



What this infographic says

Rip currents pull you out, not under.

- Relax and float.
- Don’t swim against the current.
- Swim out of it along the shore, then to land.
- If you can’t escape, float or tread water.
- Yell or wave for help.

Sources

1. Rip Currents and Beach Hazards, National Weather Service. https://www.weather.gov/wrn/rip-currents-sm
2. What is a rip current?, NOAA National Ocean Service. https://oceanservice.noaa.gov/facts/ripcurrent.html

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