Drowning Is Quiet

A poster of the quiet signs of drowning for pools, beaches, camps and classrooms, with what to do: call 911, reach or throw, don't go in.

Scan for the web page, sources and downloads

Poster · For parents, caregivers, camps, teachers, teens

Drowning happens in seconds and is often silent. Most people who are drowning **can't shout or wave** for help.

Get help now if a swimmer is:

- Upright in the water, head back, mouth at the surface
- Not moving forward, or can't tread water
- Face down and not moving

Yelling and splashing? They're in trouble too.

20-60 seconds

is how long a drowning person may struggle at the surface before going under, says a retired Coast Guard rescue swimmer.

Source: army.mil https://www.army.mil/article/109852/drowning_doesnt_look_like_drowning

Emergency

Call 911. Shout for help. Reach or throw something that floats. Don't go in.

What you can do today: post this where people swim, and learn what drowning looks like.

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. Drowning Doesn't Look Like Drowning, U.S. Army (army.mil), by retired USCG rescue swimmer Mario Vittone. https://www.army.mil/article/109852/drowning_doesnt_look_like_drowning
3. Preventing Drowning, CDC. https://www.cdc.gov/drowning/prevention/index.html

Amin Foundation · aminfoundation.io · Free to print and share. Updated 2026-10-18.