Suggestions for safety from water sources in the house.
Children 0–3 years old have a high risk of drowning.

Take care of your children while they are playing in the water. DO NOT BE CARELESS even for a short time, for example, while talking on the phone, opening/closing the gate, or doing the housework.

DO NOT LEAVE your child alone in the bathroom, rest room or toilet.

A child can drown in 1 or 2 inches of water.

Close the container’s lid after using it.

Pour out the water in any container after use.

Properly patch the hole or crack on your house floor.

Always ensure that you have closed the bathroom or toilet door after using it.

The aquarium in the house should be covered.

DO NOT leave the toys near or around any water containers such as a jar, a tank, a basin or bowl.
Suggestions for safety from water sources around the house.

Never leave the house surroundings to be harmful to your children.

Take care of children closely while they are playing in the water.

The children may slip into the water bowl.

Fill all the pits around your house.

DO NOT push anybody into the water.

DO NOT run, play, or stay near the water sources.

Close the container’s lid after using it.

Pour the water out of the container after using it.

Always COVER the water bowl and container.

Build a fence around the well and fishing pond.

Bureau of Non-Communicable Diseases, Department of Disease Control, Ministry of Public Health, THAILAND
Suggestions for safety in the swimming pool.
Follow the regulations of the swimming pool.

Pay attention to the warning signs and regulations.

DO NOT wear jewelry of accessories while swimming.

DO NOT drink alcohol before swimming.

Take your meal at least 30 minutes before swimming.

Swim only when the lifeguard is present.

Check the depth of water before getting into the pool.

DO NOT swim alone, but swim with friends or in group.

Children must play or swim under the parent’s supervision.

DO NOT pretend to be sinking.

Pushing, fighting or running in the pool is not allowed.

DO NOT swim when there is a thunderstorm or rain.

Keep life-saving equipment near the swimming pool, such as a plastic bottle, a one-gallon container, a rope, a wooden bar, or a life-saving ring.

Bureau of Non-Communicable Diseases, Department of Disease Control, Ministry of Public Health, THAILAND
Suggestions for safety in an agricultural pond, a canal, a river, a dam and waterfalls. Most child drownings occur in the summer, so we should be aware of such danger.

- Pay attention to the warning signs and regulations.
- Adults must warn the child who swims alone.
- DO NOT swim near any boating route.
- ALWAYS wear a life vest while on a ship or boat.
- Children should have water safety and rescue skills.
- DO NOT pick any plants or flowers in the water sources.
- Get out of the water immediately when the clear water becomes muddy.
- DO NOT jump into the water that is shallow or muddy or of unknown underwater condition.
- Stay away from the rim of any water source.
- DO NOT swim in any agricultural water sources because they are normally deep with steep banks.

Prepare life-saving equipment around the water sources such as an empty one-gallon container, a plastic bottle, a rope, or a tree branch, with signage.

Bureau of Non-Communicable Diseases, Department of Disease Control, Ministry of Public Health, THAILAND
Suggestions for safety on the beach. (the sea)

Be careful when swimming in the sea, strictly follow the regulations, and abide by the warnings.

- **DO NOT** swim if you have been drinking.
- Follow the regulations and warnings.
- Wear the life vest while being on the boat or playing a water sport.
- Run to a high ground immediately if you see an abnormal lowering of the sea level.
- Do not wear jeans or heavy clothes to swim.
- Swimming only in the designated safety zone.

Never swim alone; always swim with friends and stay within the lifeguard’s sight.

Always have life-saving equipment such as sponge, sandals, empty plastic bottles, empty one-gallon containers, life-saving rings.

Never swim when it is raining with thunderstorm.

If you fall into a rip current area, try to swim along the coast until you are out of that area, then swim back to the coast. Remember: Do not swim against the tides.

Do not swim away from the coast, but you should swim along the coast.

DO NOT swim in the night.

Bureau of Non-Communicable Diseases, Department of Disease Control, Ministry of Public Health, THAILAND
Suggestions for the surviving in the water and rescuing a drowning victim.

**WARNING:** DO NOT practise any of the skills by yourself, it may be harmful.

**DONOT JUMP into the water.**

**SHOUT to an ELDER person for help.**

**HELP the victim by throwing**
A life-saving device to him/her such as a plastic bottle or an empty one-gallon container.

**HELP the victim by handing over to him/her a life-saving device such as a tree branch, a pipe, or a pair of trousers.**

**DO NOT HOLD the victim over the shoulder and jump or run around the sport field.** It may extend the suffocation.

**IN CASE the victim has stopped breathing, help him/her by giving an artificial respiration or mouth-to-mouth resuscitation.**