





When someone is drowning, they can't call for help. They need to breathe before they can yell, and they're too busy trying to get air. Their mouth may bob up and down in the water, rising just above the surface before going back under again, without enough time to call out. Their arms may be out to the side or in front of them, since someone who is drowning will push down in the water to try and lift their head up for air. Their head is usually low in the water and may be tilted either up or down, as if they're looking at something up in the sky or down at something in the bottom of the pool. They may look scared, or they may look like they're dazed or sleepy, with eyes glazed over or completely closed.

When drownings happen they are quick and quiet, which is why it's so important for kids to know these warning signs and pay attention to all the other people around them in the water. Sometimes kids drown in pools filled with people, all because the other kids around them don't know they are in trouble. So if you see someone who looks like they might be drowning, you need to be that voice: call our for help. Yell for an adult or a lifeguard and let them know that someone might be in trouble in the water. You just might save a life!