

Around natural water settings:

- Use U.S. Coast Guard approved life jackets. This is important regardless of the distance to be traveled, the size of the boat, or the swimming ability of boaters; life jackets can reduce risk for weaker swimmers too.
- Know the meaning of and obey warnings represented by colored beach flags, which may vary from one beach to another.
- Watch for dangerous waves and signs of rip currents. Some examples are water that is discolored and choppy, foamy, or filled with debris and moving in a channel away from shore.
- If you are caught in a rip current, swim parallel to shore. Once free of the current, swim diagonally toward shore.

The Genesee County Health Department encourages everyone to follow these safety tips while enjoying the water this summer. Our motto is “Better Life Through Better Health.” For more information, visit our website: www.gchd.us.

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Better Life Through Better Health

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