

August 2009



### Free Workshops

- Shaken Baby Syndrome Prevention
- Mandated Reporter Training— Learn how and when to report suspected abuse or neglect
- Keeping Safely Connected— Online Safety and Cyber Bullying

#### Amador CAPC Meetings

All committees meet back-to-back beginning at 10:00am in the Health & Human Services Building  
August 17, 2009

#### Full Council Meetings

10:00am at GSA Building at 12200 B Airport Rd. in Jackson  
September 21, 2009

### Upcoming Events

#### Dad & Me

August 15th, 10am-noon  
Amador Cooperative Preschool  
Call 257-1092

#### Now Enrolling for 2009-2010

State Preschool  
Call 257-5338

Head Start  
Call 223-7333

Amador Cooperative Preschool  
Call 257-0622

505-1 State Hwy. 49, #183  
Jackson, CA 95642  
Phone: 209-223-5921  
Fax: 209-223-5931  
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It only takes a minute...to make a difference in the life of a child.



## Don't let your child be a drowning or near drowning victim!

**Drowning is the second leading cause of death** from unintentional injuries for youth aged 5 to 24 and fourth leading cause of death from unintentional injuries for all ages, according to the National Safety Council's 1995 Report. Drowning can occur in home pools, community pools, rivers, oceans, lakes, water parks, bathtubs or even large buckets.

- Children under age 1 most frequently drown in bathtubs and buckets. Children ages 1-4 most often drown in swimming pools. Children ages 5 to 14 most often drown in open water sites and swimming pools.
- Annually, almost 40 young children, between the ages of 8 and 14 months, drown in buckets containing water or other liquids used in mopping floors and other household chores.
- Nearly 7% of childhood drowning occurs in bathtubs and the majority of these occur in the absence of adult supervision.
- Each year, more than 300 children ages 4 and under drown and approximately 2,300 are treated in hospital emergency rooms for near-drowning in residential swimming pools. Of those injured, 68 percent are hospitalized.



### What You Can Do

- Never leave a child alone in a bathtub, not even for a second.
- Never allow your child to go to the river to swim in an undesignated swimming area or alone, or allow small children to swim in rivers or lakes without a life jacket.
- Know CPR.
- Carry a portable phone when ever or where ever you and your children swim.
- Designate a Water Watcher even if lifeguards are present. It takes only a few seconds for a child to drown.

### Swimming Safety Tips for Teenagers and Adults

- Always swim with a buddy; never swim alone.
- Know your swimming limits and stay within them. Don't try to keep up with a stronger skilled swimmer or encourage others to keep up with you.
- Alcohol and swimming don't mix.
- Obey "No Diving" signs, which indicate the area is unsafe for headfirst entries. Enter feet first into water, rather than headfirst if you don't know the depth.
- Watch out for the "dangerous too's" - too tired, too cold, too far from safety, too much sun, too much strenuous activity.