

HEALTH GREENVILLE RANCHERIA

Water Safety

Now that summer is here, pools, lakes and rivers are popular destinations to have fun when escaping the heat. According to the World Health Organization and the Centers for Disease Control and Prevention, drowning is a major public health problem worldwide. Drowning is the third leading cause of unintentional injury related death, accounting for 7% of all injury related deaths.

According to statistics:

- Nearly 80% of people who die from drowning in the U.S are males.
- Children 1-4 have the highest drowning rate.
- Among children ages 1-4, most drownings occur in home swimming pools.

Children, teens and adults should wear life jackets for boating and while swimming in lakes, rivers and pools. Even experienced swimmers can sometimes get into trouble when out in the open water. Be a role model, research has shown that children are more likely to wear a life jacket if adults wear them too. Model safe boating and water safety behavior by wearing a life jacket. Remember, never use water wings, or floating toys in place of a life jacket. A life jacket can turn the person over from face-down to face-up, where as water wings and floating toys

will keep a person floating, but not necessarily face-up.

HOW TO PROPERLY FIT A LIFE JACKET:

- CHECK LIFE JACKET LABEL FOR THE APPROPRIATE WEIGHT OR CHEST SIZE. The life jacket label will indicate the size and weight of the intended user. Make sure the wearer is within these ranges. Verify that the life jacket label states it is "Coast Guard approved"
- PUT THE LIFE JACKET ON: Inspect the life jacket for wear and tear. Warning signs include rips and missing or broken buckles or straps.
- BUCKLE ALL STRAPS AND TIGHTEN OR ZIP UP ALL ZIPPERS: Make sure all straps can be buckled and zippers zipped. Don't forget the crotch strap if there is one!
- HAVE THE WEARER LIFT THEIR ARMS OVER HEAD AND GENTLY LIFT THEM BY THE TOP OF THE LIFE JACKET ARM OPENINGS: If the jacket rides up above their ears, it's too big. If the straps or zippers don't close, the jacket is too small.

Don't be a Statistic! Ensure a HAPPY, FUN and a SAFE summer in the water, by following these Life Jacket Safety Guidelines!



Greenville Rancheria's Community Health Representatives (CHR), have Free Life Jacket Outreach Events. If you would like more information, call and ask to speak to one of our CHR's at 530-528-8600.

HEALTH PROGRAMS

FAMILY PRACTICE

PEDIATRICS

MEDICAL FACILITIES

DENTAL FACILITIES

MEDICAL TRANSPORT WITHIN PLUMAS

AND TEHAMA COUNTIES

COMMUNITY HEALTH REPRESENTATIVES

INDIAN CHILD WELFARE WORKER

DIABETES SERVICES

MENTAL HEALTH SERVICES

DRUG, ALCOHOL AND FAMILY COUNSELOR

ADDICTION AND MEDICATION-ASSISTED TREATMENT

8 SUB-SPECIALTIES:

WOMEN'S HEALTH, INTERNAL MEDICINE,

ORTHOPEDICS, PHYSICAL THERAPY,

PSYCHIATRY, CARDIOLOGY,

PULMONOLOGY AND PAIN MANAGEMENT

Se Habla Espanol

PARTICIPATING IN
COVERED CALIFORNIA
AND MEDI-CAL
MANAGED CARE

AS A COURTESY, WE
WILL BILL MOST INSURANCES

NATIVES
AND NON-NATIVES

Open for Walk-ins. 8am - 5pm.
Medical every Saturday, 8am - 5pm and
Dental every Saturday, 8am - 4:30pm

Transportation available for
established patients.

RED BLUFF *TRIBAL HEALTH CENTER 1425 MONTGOMERY ROAD 528-8600 - DENTAL CLINIC 343 OAK STREET 528-3488

GREENVILLE* MEDICAL CLINIC 284-6135 - DENTAL CLINIC 284-7045 410 MAIN STREET