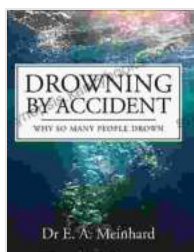


# Drowning by Accident: Why So Many People Drown

Drowning is the third leading cause of accidental death in the United States, and it's a tragedy that can be prevented. According to the Centers for Disease Control and Prevention (CDC), more than 3,500 people drowned in the United States in 2020. That's an average of ten people every day.



## Drowning by Accident: Why So Many People Drown

by Trevor Steinfelds

★★★★☆ 4.6 out of 5

Language : English  
File size : 2660 KB  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 817 pages  
Lending : Enabled



Drowning can happen to anyone, regardless of age, swimming ability, or experience. In fact, most drowning victims are not strong swimmers. They may simply be caught off guard by a sudden change in water conditions, such as a strong current or a hidden drop-off.

There are many factors that can contribute to a drowning accident, including:

- Lack of supervision
- Alcohol or drug use
- Swimming in unfamiliar waters
- Diving into shallow water
- Being caught in a current
- Having a medical condition, such as a heart attack or seizure

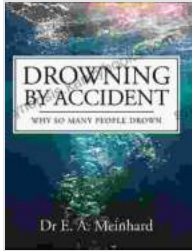
There are a number of things you can do to help prevent drowning accidents, including:

- Always swim with a buddy.
- Never swim under the influence of alcohol or drugs.
- Swim in designated swimming areas only.
- Be aware of the water conditions before you get in.
- Don't dive into shallow water.
- If you get caught in a current, don't panic. Swim parallel to the shore until you can get out of the current.
- If you have a medical condition, talk to your doctor about whether or not it's safe for you to swim.

Drowning is a serious problem, but it's one that can be prevented. By following these tips, you can help keep yourself and your loved ones safe.

## **Additional Resources**

- Centers for Disease Control and Prevention: Drowning
- Safe Kids Worldwide: Water Safety
- American Red Cross: Water Safety Tips

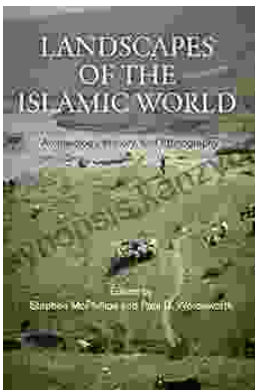


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