

111 N. County Farm Rd., Wheaton, IL 60187

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**Media Inquiries:**  
(630) 221-7374  
media@dupagehealth.org

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Established in 1945, DuPage County Health Department promotes physical and emotional health; prevents illness injury and disability; protects health from environmental risk factors, and strives to assure the provision of accessible, quality service.

## Health Department Reminds Residents to Protect Swimmers this Summer

**DUPAGE COUNTY**— As the Memorial Day weekend approaches and the summer swimming season begins, DuPage County Health Department (DCHD) reminds residents to stay vigilant and *Pool Safely* by practicing simple water safety steps to keep children safe when they are in or around the water this season.

DuPage County Health Department's Protect Swimmers 10M (PS10M) Community Awareness Initiative works to prevent child drowning and suction drain entrapment through community awareness-raising activities and professional trainings.

Drowning continues to be a leading cause of unintentional death for children ages 1-14. Children under the age of five are more likely to drown in backyard pools, while children over the age of six are more likely to drown in open water. Last year in Illinois, fatal drownings involving children occurred in backyard pools, retention ponds, rivers, small lakes, and Lake Michigan. Drowning can happen anytime, including when children are not expected to be near water, such as when they gain unsupervised access to pools.

According to the State of Illinois, in 2021 – “18 Illinois children lost their lives to accidental drowning in pools, bathtubs, lakes and ponds, creeks and rivers, and a hot tub. Eight of the children who drowned in pools were age 5 and younger.”

Swimming pools are a great way to spend time together for family fun. To keep everyone safe in and around the water, parents and caregivers can follow PS10M’s simple steps:

- Never leave a child unattended in or near water. Designate a focused [adult Water Watcher](#) to supervise children who are swimming.
- Teach children how to swim. Infant, child, adult, group, and adapted swim lessons are offered at pools throughout our region.
- Ensure that any pool or spa/hot tub that you use has drain covers that meet federal safety standards. If you’re not sure, ask the swimming pool owner or facility manager.
- Avoid entrapment by teaching children to stay away from pool drains and pipes. Keep long hair, bathing suit straps, and drawstrings away from drains.
- Install proper barriers, covers, and alarms on and around your pool area.
- Learn how to perform CPR on children and adults.

Before the long weekend, make a water safety plan and take the Pool Safely Pledge to protect children in your family and your community. Together, we can prevent child drownings all year long. For more information, visit <https://www.dupagehealth.org/231/Pool-Safely>.

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