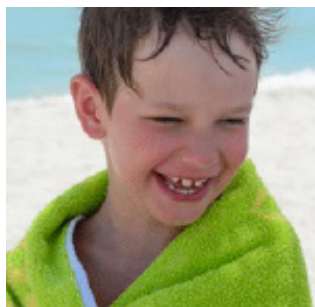




## Is There Such a Thing as Dry Drowning?



Everything you need to know about a misleading term that takes the focus off real water dangers.

You may have seen posts on social media about “dry drowning,” stories about kids who seemed perfectly fine after getting out of a pool, ocean or lake and then,

suddenly, as much as a day later, end up with breathing difficulties and die.

It’s terrifying - but the fact is that this kind of sudden “dry drowning” with no prior symptoms just doesn’t occur.

“No drowning experts believe this happens,” says Dr. Linda Quan, expert advisor on water safety to Safe Kids Worldwide.

In fact, most medical authorities—including such organizations as the American Red Cross, the Centers for Disease Control and Prevention, the American Academy of Pediatrics, and the American College of Emergency Physicians—discourage the use of the terms “dry drowning.” If a child seems completely normal after

leaving the water and has no symptoms at all, that child did not drown.

That’s not to suggest that problems can’t arise after a child has left the water. They can - but they just don’t come out of nowhere!

Here’s what parents need to know about possible drowning dangers:

- If a child has minimal symptoms after being rescued—think the kind of sputtering and coughing he or she might experience after water “goes down the wrong pipe” at the dinner table—that child should be fine but should still be observed by an attentive caretaker.
- If that child gets worse within 2 to 3 hours—i.e., develops coughing, breathing difficulties, sleepiness, or confusion—he or she needs to get immediate medical attention.
- If after a water rescue, a child has an excessive or prolonged cough, fast or hard breathing, or is not breathing normally or “acting right,” caretakers should seek immediate medical attention.

Of course, the key to preventing these and other worrisome episodes is to keep water safety top of mind this summer. For tips on making sure your child stays safe in and around water, check out [safekids.org/watersafety](http://safekids.org/watersafety).

## Heatstroke Prevention—Never Leave Your Child in a Car!

**Never leave your child alone in a car,** not even during a quick trip to the store.

SAFE KIDS WORLDWIDE

**Take action.** If you see a child alone in a car, call 911

SAFE KIDS WORLDWIDE

**Create reminders.** Place your phone, briefcase or purse in the backseat when traveling with a child.

SAFE KIDS WORLDWIDE

*Heatstroke deaths can happen to anyone. As your schedule changes, create reminders by placing your phone, briefcase or purse in the backseat when traveling with your child.*

*If you see a young child alone in a car, call 911. Emergency personnel are trained to respond to these situations.*

*These actions can save a life.*

Atlantic Health System  
 Morristown Medical Center

**SAFE KIDS**  
 NORTHERN NEW JERSEY

# Let's get back to Basics – BUCKLE UP!

## Why Buckle Up?

- Studies show seat belts do save lives and reduce injuries during crashes.
- Seat belts work with air bags to protect occupants. Air bags alone are not enough to safeguard occupants.
- In New Jersey, an average of 131 unrestrained motor vehicle drivers and passengers are killed in crashes each year.
- Seat belts saved almost 15,000 lives during 2017 in the United States.



- Seat belt use in 2017 reached 89.6 percent, a significant increase from 84 percent in 2011 in the United States.
- In 2017, 37,133 people were killed in motor vehicle crashes in the United States. Forty-seven percent were unrestrained at the time of the crash
- More than 1,500 unbuckled motor vehicle occupants died on New Jersey's roadways in the past 10 years.
- NHTSA has estimated that child safety seats reduce the risk of fatal injury by 71 percent for infants (younger than 1 year old) and by 54 percent for toddlers (ages 1 to 4 years) in passenger cars.

## MEDICINE SAFETY

SAFE  
KIDS  
WORLDWIDE

Support Provided By  
Johnson & Johnson  
CONSUMER CARE



### Store Medicine Safely

- Put all medicine up and away, out of children's reach and sight.
- Put medicine away after every use, even if you need to give another dose in a few hours.
- Keep visitors' purses, bags and coats out of the reach of kids, as they may contain medicine.

### Give Medicine Safely

- Use only the dosing device that comes with liquid medicine, not a kitchen spoon.
- Read and follow the label. Do not give your child more than one medicine at a time with the same type of active ingredient.
- When other caregivers are giving your child medicine, write clear instructions about what medicine to give, how much to give and when to give it.

### Helpful Resources

- Save the Poison Help number in your phone: **1-800-222-1222**
- Learn how to teach older kids about medicine safety at [www.scholastic.com/OTCMedSafety](http://www.scholastic.com/OTCMedSafety).

For more information visit [www.SafeKids.org](http://www.SafeKids.org)



## Child Passenger Safety Week is September 15-21, 2021.

*Find a car seat inspection station by you.*  
[www.preventionworks-nj.org](http://www.preventionworks-nj.org)



**IS YOUR CHILD IN THE RIGHT CAR SEAT?**

Prevention Works is the official biannual newsletter of Northern NJ SAFE KIDS/Safe Communities. We welcome articles of interest highlighting your community or organization. Let us know how you have made your community a safe community. If you have any comments or topics you would like to see covered, please feel free to contact Karen Jean Feury, RN  
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