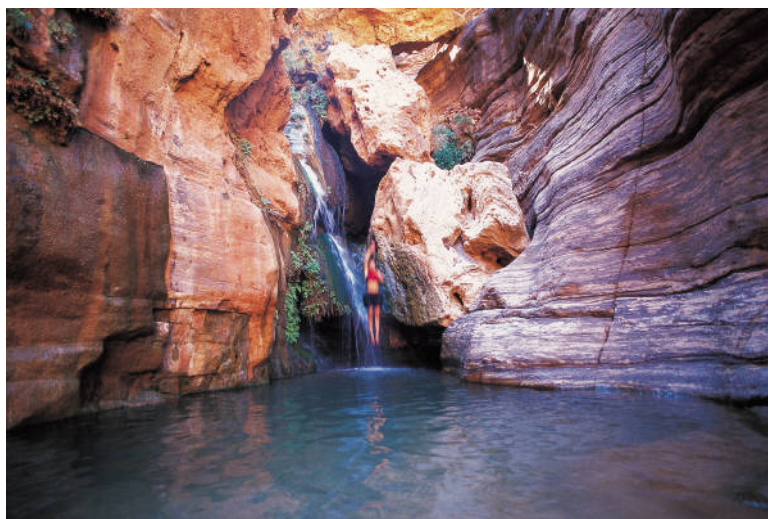


Water Dangers!



We are blessed in the North State to have many rivers, streams and creeks that make cooling swimming holes to enjoy. While they are beautiful and fun to use, they also pose some very lethal dangers if you are not careful. Every year we read about young people being hurt, sometimes gravely, while jumping and diving into swimming holes.

You need to use caution before jumping or diving off of high rocks into water. Make sure you always do the following before jumping:

1. Don't assume the water is as deep as it was last summer or that there aren't new boulders or branches under the water
2. Check the water before you jump!
3. Don't just surface check – there are lots of things you will not see from the surface that are still shallow enough to hit
4. Check the depth of the water by sinking yourself **FEET FIRST** as far down as you can go and then rolling over under water to look further
5. Do this in several places because when you jump you will land differently each time
6. If you hit an obstacle with your feet while checking the water – **IT IS NOT SAFE TO JUMP** – water should be at least 10 feet deep

In the event of an accident you will need to seek medical attention. **Call 911 first!** Following is a list of hospitals in the area:

Myers Memorial Hospital	336-5511
Mercy Memorial Hospital	336-5511
Mercy Medical Mt. Shasta	938-2045
Shasta Regional Center	244-5400
Fairchild Medical Center	842-4121

For insurance help contact:

Medi-Cal/Healthy Families
1-800-880-5305



“Safe and healthy children live longer”