

The Truth about **DROWNING**

Distinguishing Fact from Fiction

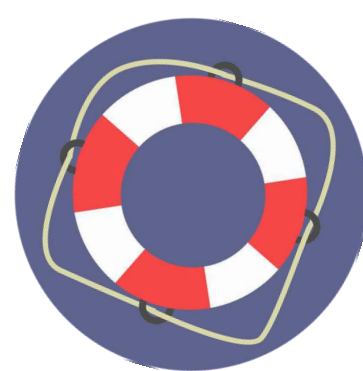
The American College of Osteopathic Emergency Physicians wants to help you stay safe this summer.



01

Fact vs Fiction

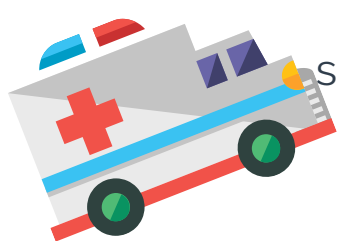
There are no such medical conditions known as "dry drowning," "near drowning," or "secondary drowning." Drowning deaths do not occur due to unexpected deterioration days to weeks later without preceding symptoms.



When to Seek Help

02

After a drowning incident, patients should seek medical care if they have any respiratory symptoms worse than the experience of a drink going down the wrong pipe at the dinner table, or severe coughing that does not resolve in minutes.



03

When Problems Persist

Usually, patients will get better or worse within two or three hours. Patients who appear normal, but develop respiratory issues or altered mental state after eight hours should seek medical attention.



The Real Threat

04

Drowning is a leading cause of preventable pediatric death. Non-fatal drowning is much more common than fatal drowning. After an apparent mild drowning, inflammation and infection in the lung can cause the initial symptoms to become worse and even progress to respiratory failure.



05

Be Prepared

Drowning is a leading cause of preventable pediatric death. **Prevention is the most important tool in combating drowning.** Swimming lessons, touch supervision for toddlers, use of lifejackets, appropriate pool fencing, and continuous, undistracted supervision are all of paramount importance.

