

- 1** Always go swimming with someone else and choose beaches that are supervised by lifeguards
- 2** Always swim parallel to the shore, never vertically and never to the point of exhaustion.
- 3** I step in and step out into the sea gradually.
- 4** I swim at least 2-3 hours after a meal.
- 5** I have all the necessary information, in consultation with the doctor, if I am taking medicines that require special precautions or need to be modified.

# SEA & SAFETY

Guidelines for elderly people  
to prevent drowning at sea



**This summer  
we stay safe**

# 283

**people over  
60 years old  
lose their lives  
every year at sea**

**UNDER THE AUSPICES**

