

# THIS SUMMER STAY SAFE

- 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 do not swim after eating or drinking.
- 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.



# 270

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