DROWNING
SYMPTOMS

• Abdominal distention
• Bluish skin of the face, especially around the lips
• Cold skin and pale appearance
• Confusion
• Cough with pink, frothy sputum
• Irritability
SYMPTOMS

- Lethargy
- No breathing
- Restlessness
- Shallow or gasping respirations
- Chest pain
- Unconsciousness
FIRST AID

- Continue to breathe for the person every few seconds while moving them to shore
- Once on land, check for a pulse (or other signs of circulation, such as spontaneous breathing, coughing, or movement)
- Administer CPR, if needed
• The Heimlich maneuver should not be used routinely in the rescue of near-drowning victims

• It should be used only if the airway is blocked with debris or vomit, and you are unable to successfully ventilate the victim

• Immediate rescue breaths are effective without first draining the lungs
• Performing the Heimlich maneuver unnecessarily may increase the chances that an unconscious victim will vomit, and subsequently choke on the vomitus.

• Always assume that the victim may have a neck or spine injury, and avoid turning or bending the neck.
• Prevent hypothermia
  – Remove any cold, wet clothes from the victim
  – Cover him with something warm, if possible
• Once the victim is stabilized, administer first aid for any other serious injuries
DONOT

• DO NOT go out on the ice to rescue a drowning person that you can reach with your arm or an extended object
• DO NOT assume that a victim cannot or should not be helped - call for emergency assistance immediately
• DO NOT attempt a swimming rescue yourself unless you are trained in water rescue
Inform Doctor & Shift the patient