Emergency information. First, call 911

Nearest Hospital:

Palm Drive Hospital

501 Petaluma Avenue

Sebastopol, CA 95472

(707) 823–8511

**Drowning: Drowning does not look like drowning.** In ten percent of child drownings, parents are looking at kids but do not realize they are drowning. Sometimes the most common indication that someone is drowning is that they don’t look like they’re drowning. They may just look like they are treading water and looking up at the deck. One way to be sure? Ask them, “Are you all right?” If they can answer at all—they probably are. If they return a blank stare, you may have less than 30 seconds to get to them. And parents—children playing in the water make noise. *When they get quiet, you get to them and find out why.*

1. “Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing.
2. Drowning people’s mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help.
3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water’s surface.
4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot perform voluntary movements such as waving for help
5. From beginning to end of the Instinctive Drowning Response people’s bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds.

Look for these other signs of drowning when persons are in the water:

* Head low in the water, mouth at water level
* Head tilted back with mouth open
* Eyes glassy and empty, unable to focus
* Eyes closed
* Hair over forehead or eyes
* Not using legs—vertical
* Hyperventilating or gasping
* Trying to swim in a particular direction but not making headway
* Trying to roll over on the back
* Appear to be climbing an invisible ladder