

Banner Health urges water safety for kids in times of self-isolation

3 children have already died in 2020; 5 died in 2019

MESA, Ariz. (April 13, 2020) - With more children at home and the arrival of warmer temperatures on the way, now is an important time to make sure your kids are safe around water, said nurse Tracey Fejt (FATE), trauma injury prevention coordinator at [Cardon Children's Medical Center](#).

So far in 2020, three children under the age of 4 years old have died from drownings in Maricopa and Pinal counties, according to Children's Safety Zone, a local nonprofit drowning-prevention group. In 2019, five children died from drowning, as well as one teen and 30 adults.

"So many parents are juggling triple duties during this pandemic - being mom and dad, working at home and being teachers," Fejt said. "Being pulled in so many directions can make it easy to lose safety focus beyond COVID-19. It's important to remember pools and other bodies of water can pose severe dangers."

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VIDEO: [Fejt talks about summertime dangers for kids, including drowning](#)

Fejt emphasizes these safety tips:

- Know the ABCs of water safety: Adult supervision, Barriers between children and water; Classes in CPR for adults and swim lessons for kids; and safety Devices near water, such as lifejackets, hooks and rescue rings.
- If a child or adult is missing, always look in the pool or spa first. Time is precious when a person is drowning.
- Floaties: You may think they're safe, but these "water-wings" can pose danger to children. Know what to look for in selecting and using them.
- Drowning is silent, not involving splashing or screaming.
- If your child falls into the water, call 911 and administer CPR are critical to keeping your child alive.

Any water source can be a potential problem, including lakes, pools (even kiddie pools), spas, bathtubs, wading pools and even buckets of water.

Fejt points to the Great Recession when there were five child drownings in Mesa within just three days. She said it's possible those tragedies resulted from an increase in distractions caused by those tumultuous times in society.

Cardon Children's Medical Center provides pediatric care for children, from newborns to teens. Services include immediate access to Level I trauma services and emergency care, a Level III neonatal intensive care unit, general pediatrics, surgical and rehabilitation services, hematology/oncology, urology, gastroenterology, neurology and outpatient services. For more information, visit www.bannerhealth.com/cardonchildrens.

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