

# Member Newsletter



**Community  
Care Plan**

The Health Plan with a Heart

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Summer is here. Yes, we live in the Sunshine State, where it is nearly summer all year long. But the summer months are for pool parties, outdoor barbecues, and fun outdoors. With kids home over the summer, water and sun safety are key. Community Care Plan wants you to stay safe with these tips and resources.

## Tips for Water Safety

Most child drownings happen in swimming pools. That doesn't mean you should stay away from pools. But there are things you can do to keep your child safe.

1. **Get your child swim lessons!** Did you know that Community Care Plan offers swim lessons to kids from 6 months to 11 years of age as an expanded benefit? Learn more here: [Community Care Plan - Medicaid \(MMA\)/Birth, Baby, and Beyond](#)



2. **A responsible adult needs to watch the kids in the water.** This person should know how to swim. They should not be playing on their cell phone, reading a book, or looking away from the pool. If you are at a party, it is Ok to take turns.



3. **Tell kids to use the buddy system.** Make sure that no child is playing alone in a pool, lake, or ocean.



4. **If a child does not know how to swim, make sure that they are using a life jacket.** Pool noodles and "arm floaties" are not approved safety devices.



5. **Keep rescue equipment by the pool.** This includes a life ring with a rope and a safety hook. Also have a phone close by if you need to call 911.



6. **Learn CPR.** This could save a life.

For more safety tips, visit the Health Library on our website: [Child Safety: Drowning Prevention in Pools and Hot Tubs](#)