

## Mayo Clinic Minute

### How to tell if someone is drowning

Video	Audio
	A sunny day at the beach or pool can take a dark turn in seconds.
	“Drowning in this country remains one of the leading causes of accidental death in children and affects adults, as well.”
	On average, more than 10 people die from drowning each day, the majority of them children.
	But Dr. Michael Boniface, an emergency medicine physician at Mayo Clinic, says drowning doesn’t usually look how people expect it to.
	There isn’t the splashing and screaming you see in movies.
00:30:54 Michael Boniface, M.D. Emergency Medicine Mayo Clinic	“In most cases, you don’t see a struggle. You just see somebody under the water or floating face down.”
	But, in some cases, there is a window of a few seconds where you might notice some signs.
	A drowning person won’t wave their arms because their arms instinctively push down to try and get them above water.
	And a drowning person is unable to make any sound, so if a child is noticeably quiet, that’s a red flag.
	Dr. Boniface says the most important thing you can do is take steps to prevent a drowning.
	That means limiting alcohol, fencing off a pool and keeping an eye on kids in the water.
00:13:19	“This involves close, constant adult supervision, somebody watching the water at all times.”

For the Mayo Clinic News Network, I'm  
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