

Post-submersion Information

Please be aware that drowning symptoms are not always evident immediately after a submersion episode and may occur between 2-72 hours after the incident. A small amount of water can enter the lungs causing irritation resulting in the build-up of fluid & possible infection. If you or someone you know shows any signs or symptoms noted on the flip side of this card, you are advised to seek medical attention immediately.

If you have any questions, please call the Aquatic Supervisor at _____.

Post-submersion Signs & Symptoms

- Irritation or pain in the throat or chest
- Coughing after taking a deep breath
- Persistent coughing or wheezing
- Shortness of breath or difficulty breathing
- Unusual fatigue
- Dizziness/altered level of consciousness
- Vomiting or diarrhea
- High fever



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