WATER SAFETY ADVICE & TIPS
FOR THE ELDERLY

STAY SAFE DURING SUMMER TIME

Safe Water Sports

MINISTRY OF HEALTH
Hellenic National Public Health Organization (EODY)
MINISTRY OF SHIPPING & ISLAND POLICY
HELLENIC COAST GUARD

FATAL ACCIDETNS AT SEA
2017-2021

AGE	0-6	7-12	13-17	18-59	60-69	70+	UNKNOWN	TOTAL
DEATHS 2017-2021	6	5	8	309	332	1017	16	1693
2021	2	2	-	54	60	215	3	336

1.Always go swimming with someone else.
Choose to go to beaches which are supervised by lifeguards.

https://vimeo.com/440659717

2. Always swim horizontally to the shore, not vertically.

✔ Κολυμπάω οριζόντια στην ακτή και όχι κάθετα.

https://vimeo.com/440658583

3. Swim only where you can touch bottom

https://vimeo.com/440667664

4. Always use a flotation device indeep water

https://vimeo.com/440661801

5. I do not float vertically for too long, as I am at risk of hypotension and hypothermia.

In the water I am always moving and swimming.

https://vimeo.com/440670557

6. I NEVER swim right after eating or drinking
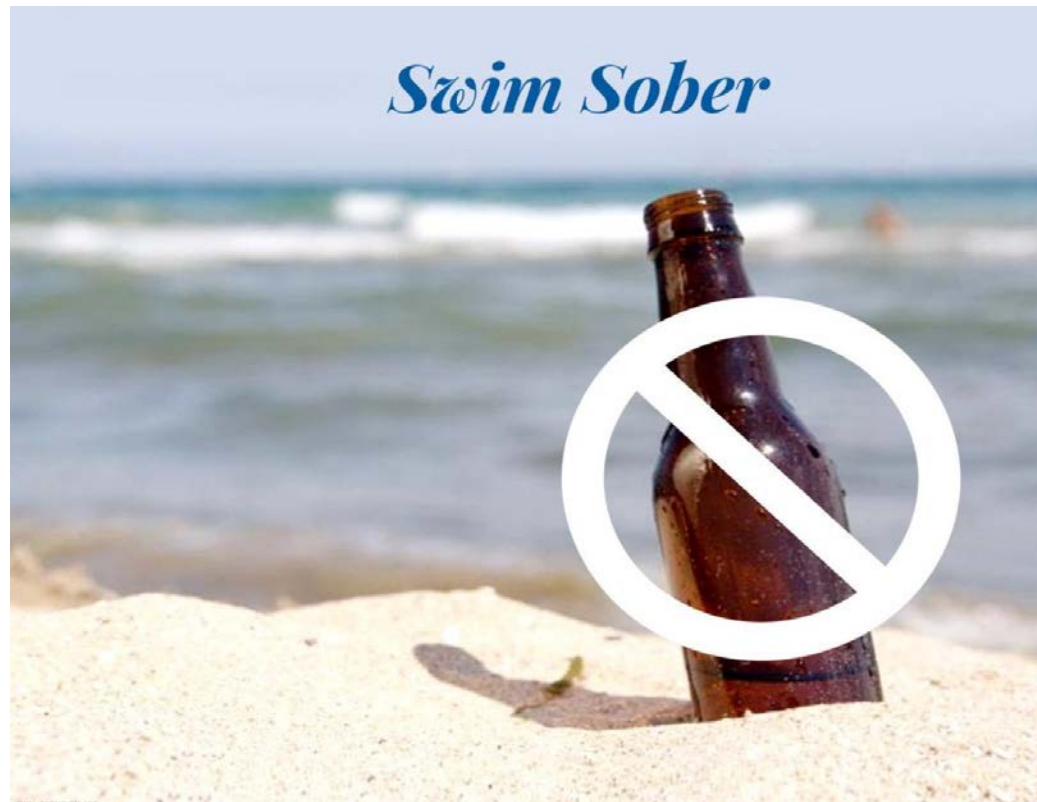
7. Advise your doctor if you are diagnosed with dementia, Alzheimer's or other neurological disorders

https://vimeo.com/440671216   https://vimeo.com/440666903

8. I always make sure I have taken my medication before I go into the water

https://vimeo.com/440668948

9. I step in and step out into the sea gradually. I give myself time.

10. I get out of the water gradually, with stops, walking towards the shore.

11. If I feel fatigue I return to the shore.
If I feel any symptom (cramps, dizziness) I ask for help from anyone close to me and I try to get out of the sea calmly and slowly.

12. Αποφεύγω την μετακίνησή μου στην παραλία, όταν οι θερμοκρασίες είναι ιδιαίτερα υψηλές.

13. If I visit a beach for the first time, I have to be informed for its dangers by the locals. I avoid swimming in unknown water that hide dangers

**14. In case of emergency I call the Hellenic
Coast Guard number 108
or the European Emergency Number 112**