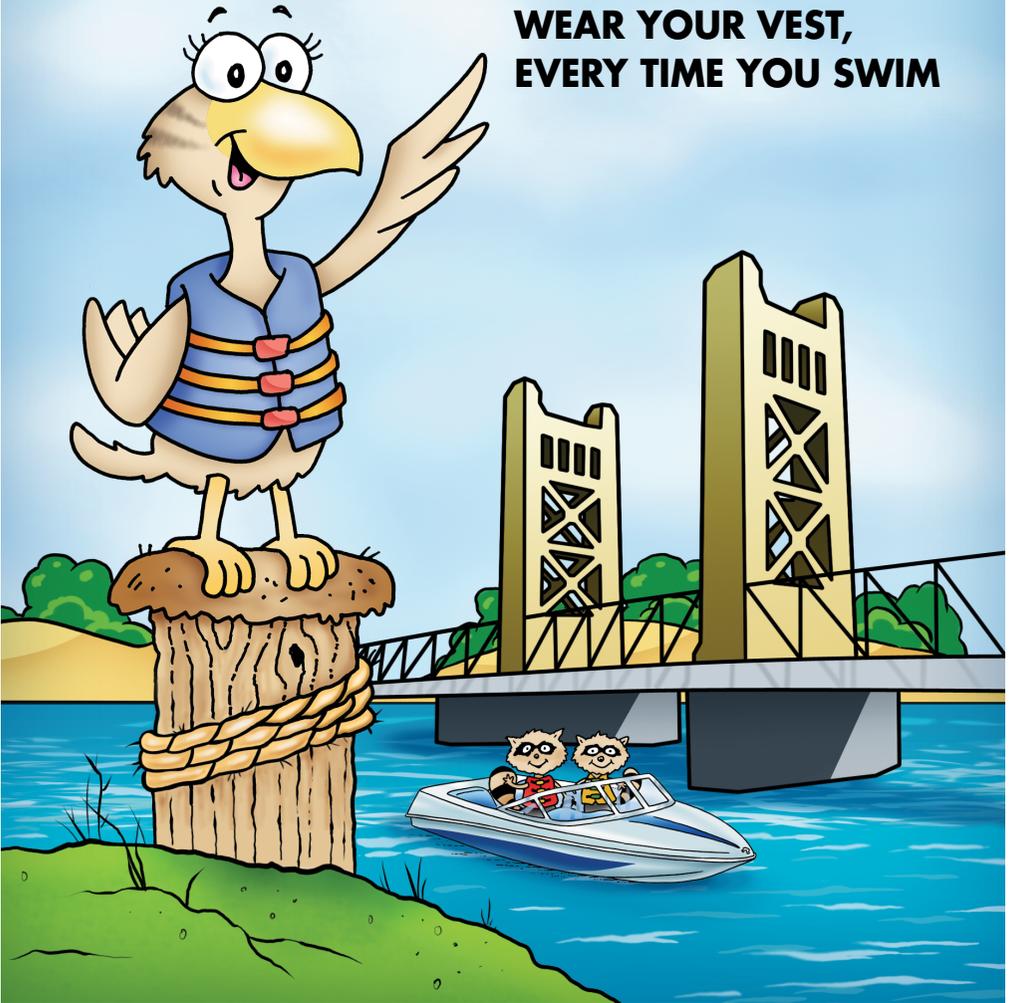


# SAFETY'S BEST!

**WEAR YOUR VEST,  
EVERY TIME YOU SWIM**



**For more information, call 916-734-9799**

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## Safety's Best!

WEAR YOUR VEST, EVERY TIME YOU SWIM

A day on the water can quickly turn into trouble for a child swimming without a properly fitted life vest. To help keep your child safe, follow these simple instructions.

### How to Fit a Life Vest:

- Always check the age and weight limit on your child's life vest; don't use a vest that is too big or too small for your child's weight.
- Make sure the life jacket is not torn or leaking.
- Place the vest on your child and make sure all straps are belted in the right buckle.
- Once the jacket is on your child, lift him or her up by the shoulders of the jacket. The jacket should not ride up over the chin and ears. If it does, try a smaller size or find a jacket with a crotch strap.
- Make sure your child always wears a life vest when in or around the water.

*Sacramento County requires that all children under the age of 13 wear a life vest while in public waterways. Being safe is making sure everyone in your family is protected with a life jacket.*

***Being safe is making sure everyone in your family is protected with a life jacket.***