

Let's eliminate the most dangerous “species” in our seas – **DROWNING!**



**Drowning remains the most life-threatening
type of accident at sea in Greece**

- **NEVER SWIM ALONE**
- **AVOID SWIMMING
IMMEDIATELY AFTER EATING OR
CONSUMING ALCOHOL**
- **USE LIFE JACKETS FOR INDIVIDUALS
WITH LIMITED SWIMMING ABILITY**
- **ENSURE CONSTANT SUPERVISION**
- **SWIM PARALLEL TO THE SHORE**

**By following basic
safety rules
at sea we can
reduce the number
of drownings**



AN INITIATIVE OF THE NATIONAL PUBLIC HEALTH ORGANIZATION IN COLLABORATION WITH SAFE WATER SPORTS



Under the auspices of