



Rip Current Safety ↗

STAY CALM. GET OUT SAFELY.

01

Don't Panic

Rip currents don't pull you under. Stay calm and conserve your energy.

02

Don't Swim Against It

Fighting the current will only wear you out. Let it carry you a bit while you plan your move.

03

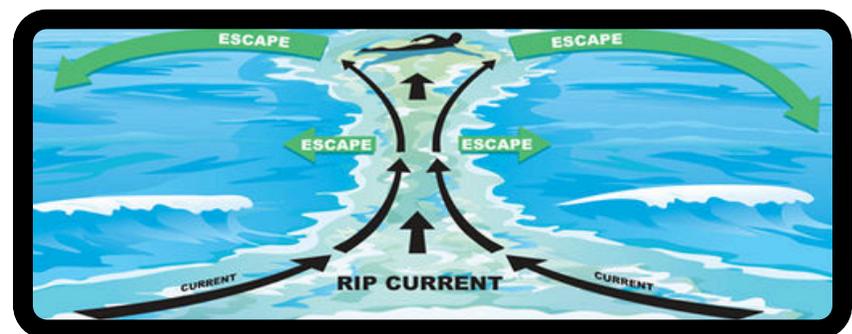
Swim Parallel to Shore

Escape the narrow current by swimming left or right, not straight back to shore.

04

Float & Signal for Help

If you're tired, float on your back. Wave one arm and call out for help.



**Most people panic.
That's the real danger.**

- Always swim near a lifeguard.
- Know the flags.
- Never swim alone.



For more information
on Rip Current safety,
visit weather.gov

