

# 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](http://weather.gov)

