



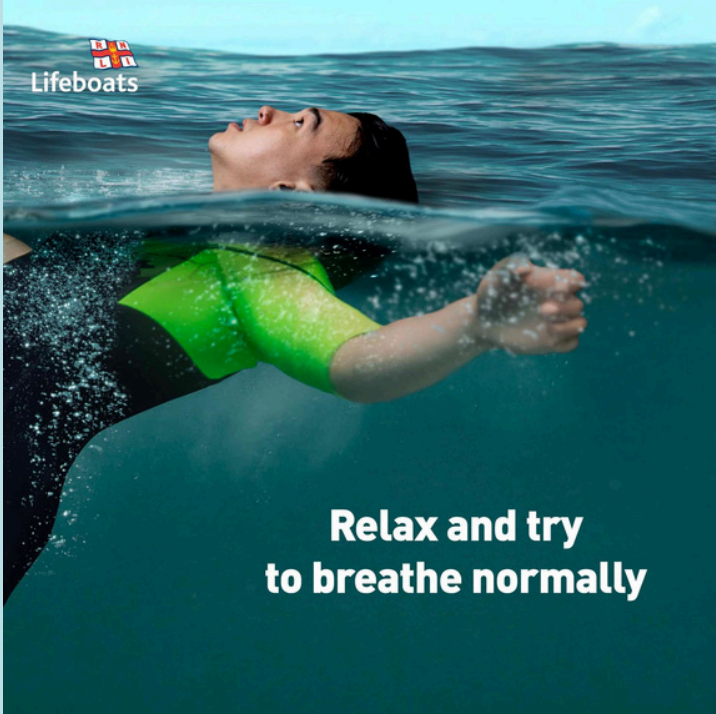
Struggling in the water?



FLOAT TO LIVE



**Tilt your head
back with ears
submerged**



**Relax and try
to breathe normally**



**Move your
hands and legs
to stay afloat**



**It's okay if your
legs sink, we all
float differently**



FLOAT TO LIVE