



## **A MINUTE OF HEALTH WITH CDC**

### *Stay Afloat in Your Boat*

*Paddle-Sport Vessel Fatalities — Maine 2000–2007*

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*This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

As summer vacation approaches, people get out their canoes, kayaks, and inflatable floats for a trip to the beach, lake, or river. Unfortunately, a day of fun on the water can be deadly if people let their excitement overcome common sense. Water outings can be both fun and safe if you take a few simple precautions. Life jackets should be standard gear on any type of boat and worn correctly; alcoholic beverages should not be consumed, either before or while operating a boat; and an inexperienced boater should never go out alone. Taking these and other precautions will help ensure you live to tell about what you did on your summer vacation.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.