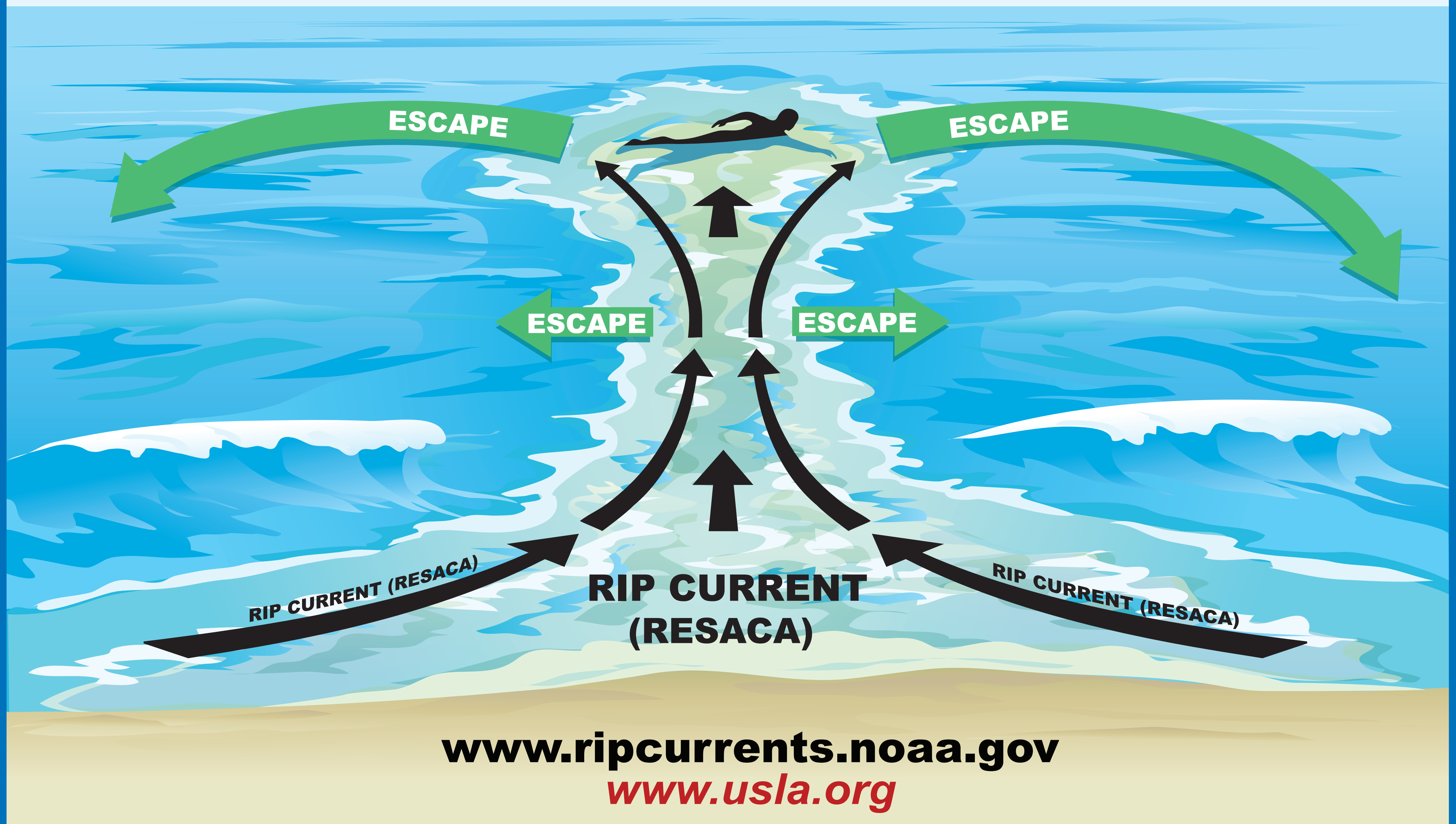


RIP CURRENTS

¡ESCÁPESE DE LA RESACA!®

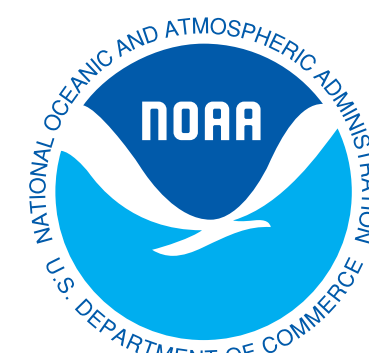


IF CAUGHT IN A RIP CURRENT SI LO ATRAPA LA RESACA

- ◆ **Don't fight the current**
No luche contra la corriente
- ◆ **Swim even with the shore, until current weakens, then swim to shore**
Nada al nivel de la orilla hasta que la resaca se debilite
- ◆ **If you can't escape, float or tread water**
Si no logra escapar, mantengase a flote pedaleando
- ◆ **If you need help, call or wave for assistance**
Si necesita auxilio, grite o agite los brazos

More information about rip currents can be found at the following web sites:
Para más información acerca de la resaca consulte estos sitios de web:

www.ripcurrents.noaa.gov
www.usla.org



Never swim alone - Nunca nade solo