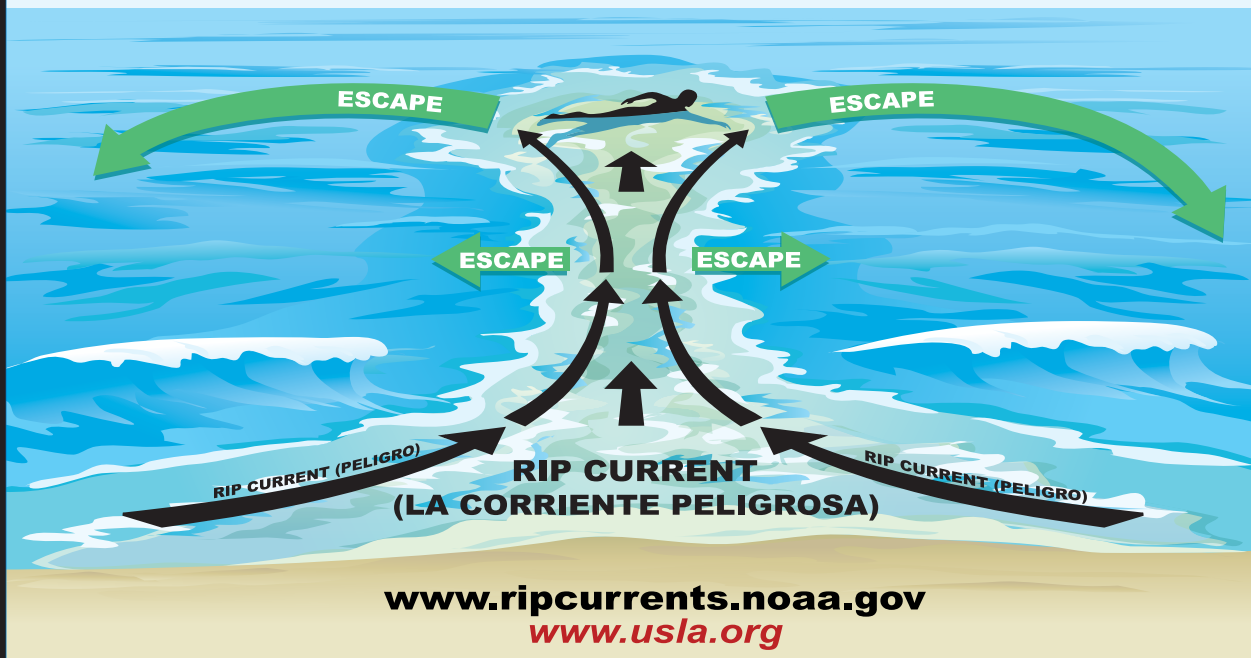


Detach this page and stick it to your refrigerator at the beach house, post it on the back door of your coastal rental cottage, pack it in your beach bag, use it as a bookmark, or stow it with the suntan lotion and umbrellas. Break the Grip of the Rip!

RIP CURRENTS

¡ESCÁPESE DE LA CORRIENTE!®



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

BREAK THE GRIP OF THE RIP!®

North Carolina Sea Grant joins the National Weather Service, oceanfront communities and other partners to highlight surf-zone safety throughout beach season. • Order English, Spanish or bilingual metal signs at ncseagrant.ncsu.edu/bookstore.