IF CAUGHT IN A RIP CURRENT

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

Never swim alone - Nunca nade solo

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

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.