Secondary Drowning

Secondary drowning:
- Occurs when fluid is INHALED into the lungs
- This reduces the body's ability to exchange air and can lead to drowning
- It can take up to 72 hours for a reaction to occur

Causes
- Most often caused by near drowning incidences
- *Usually* occurs once the individual lies down after inhaling the fluid into the lungs

Signs/Symptoms:
- Coughing, or coughing-up liquids
- Trouble breathing
- Pain in the lungs or chest – especially when taking a deep breath
- Feelings of swallowing or inhaling water
- Lethargy – extreme tiredness, has lost a lot of energy
    - Change in level of awareness
- Frothing coming from the mouth or nose

Consequences:
- Can lead to serious conditions or death
- If left untreated fluid remains in the lungs and impairs the breathing process as well as damaging the inside surface of the lung. This will collapse the alveoli and cause a hardening of the lungs which will reduce the ability to exchange air

What to do if you suspect Secondary Drowning:
- *Get medical assistance as quickly as possible if you suspect secondary drowning* (if the person was drowning in the water, ask them if they swallowed a lot of water, if they say yes or were in the water for quite some time before being rescued, tell them they need to see a doctor immediately)
    - Even if the victim says they are okay, medical help needs to be sought immediately
- "Drowning" can occur up to 72 hours after the incident so getting help as soon as possible is crucial

How much water needs to be inhaled:
- According to studies and physicians about 4 ounces of water need to be inhaled for secondary drowning to occur