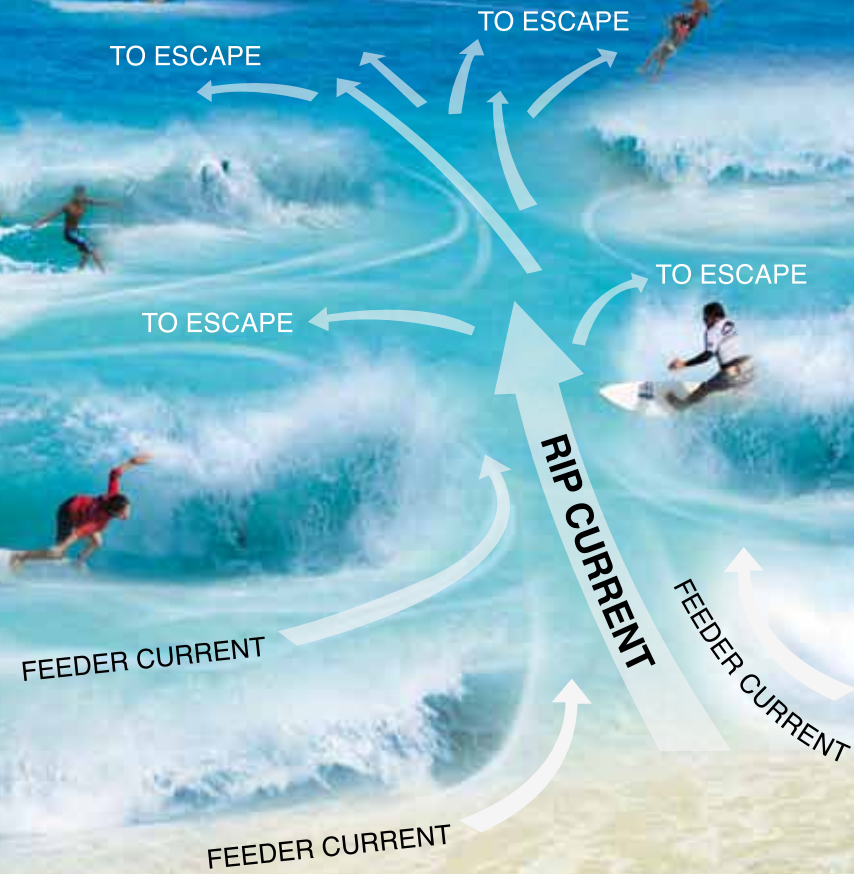


# RIP CURRENTS

**+PHUKET**  
OCEAN SAFETY



## WHAT TO DO IF YOU'RE IN A RIP CURRENT

- Relax and float with the current. Do not panic! Remember, the current is not dangerous! —only panicking is dangerous!
- Stay calm and swim parallel with the beach! —Let the waves push you back to the beach.
- If necessary, hold your breath and dive under the waves! —Breathe after the wave passes and before the next wave comes.
- If there are surfers or swimmers nearby, raise your arm and ask for help!