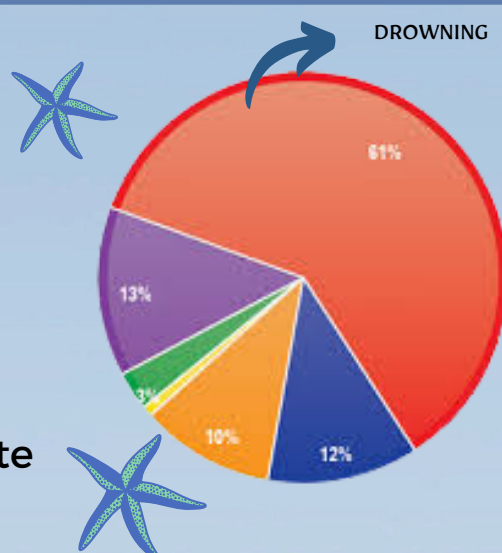


HOW TO SURVIVE UNDERWATER?

5 STEPS TO MAKE IT

WHY IMPORTANT

People can die underwater due to drowning. When submerged, their air supply is cut off, leading to oxygen deprivation. Lack of oxygen causes brain damage and organ failure. Additionally, water pressure can impair breathing and circulation. Accidents, medical emergencies, or inability to swim can contribute to fatal outcomes in water environments.



1) USE A BREATHING APPARATUS.

This is the best way to stay alive underwater for extended periods of time. There are many different types of breathing apparatuses available, so choose one that is appropriate for your needs.



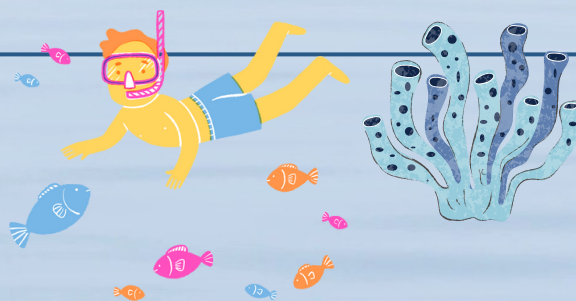
2) HOLD YOUR BREATH.

If you don't have a breathing apparatus, you can hold your breath for a limited amount of time. The average person can hold their breath for about 30 seconds, but some people can hold their breath for much longer.



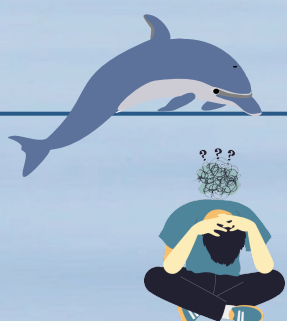
3) STAY CALM.

Panicking will only make it harder to breathe and stay alive underwater. If you start to feel anxious, take a few deep breaths and focus on your surroundings.



4) AVOID DIVING TOO DEEP.

The deeper you go, the less oxygen there is in the water. If you are not a trained diver, it is best to stay in shallow water.



5) BE AWARE OF YOUR SURROUNDINGS.

Watch out for obstacles and currents that could drag you underwater. If you start to feel uncomfortable, surface immediately.



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