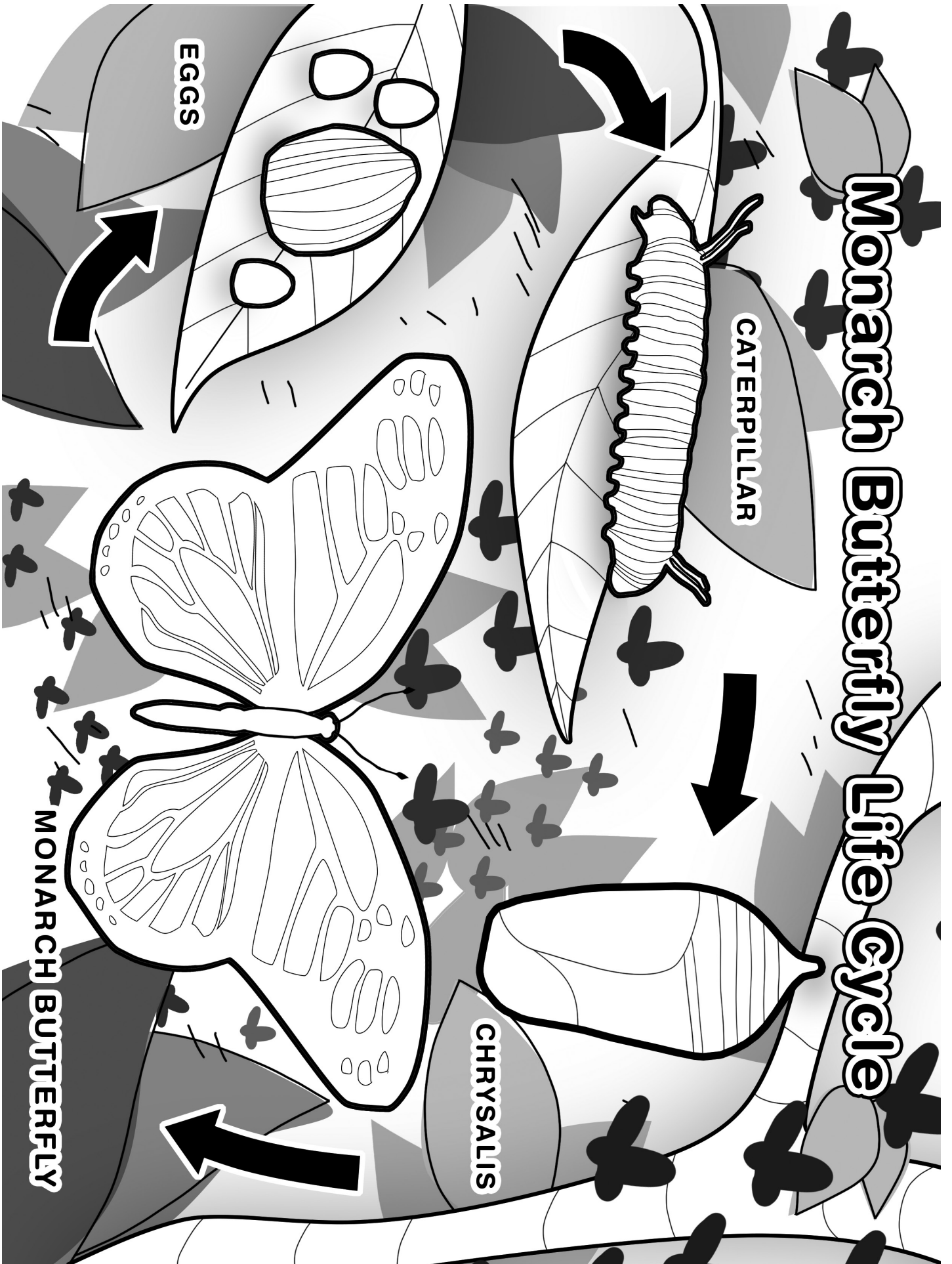


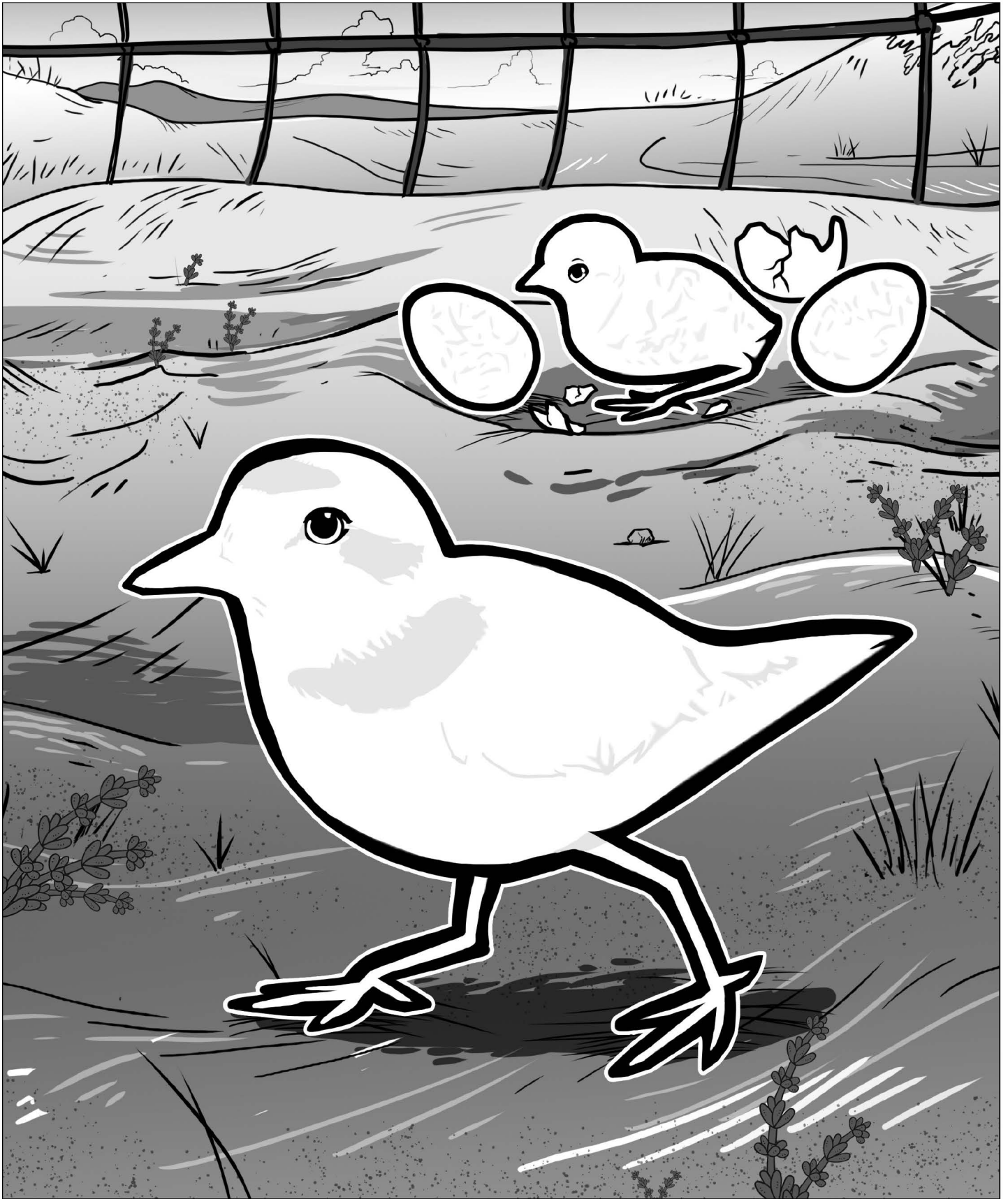
# Monarch Butterfly Life Cycle



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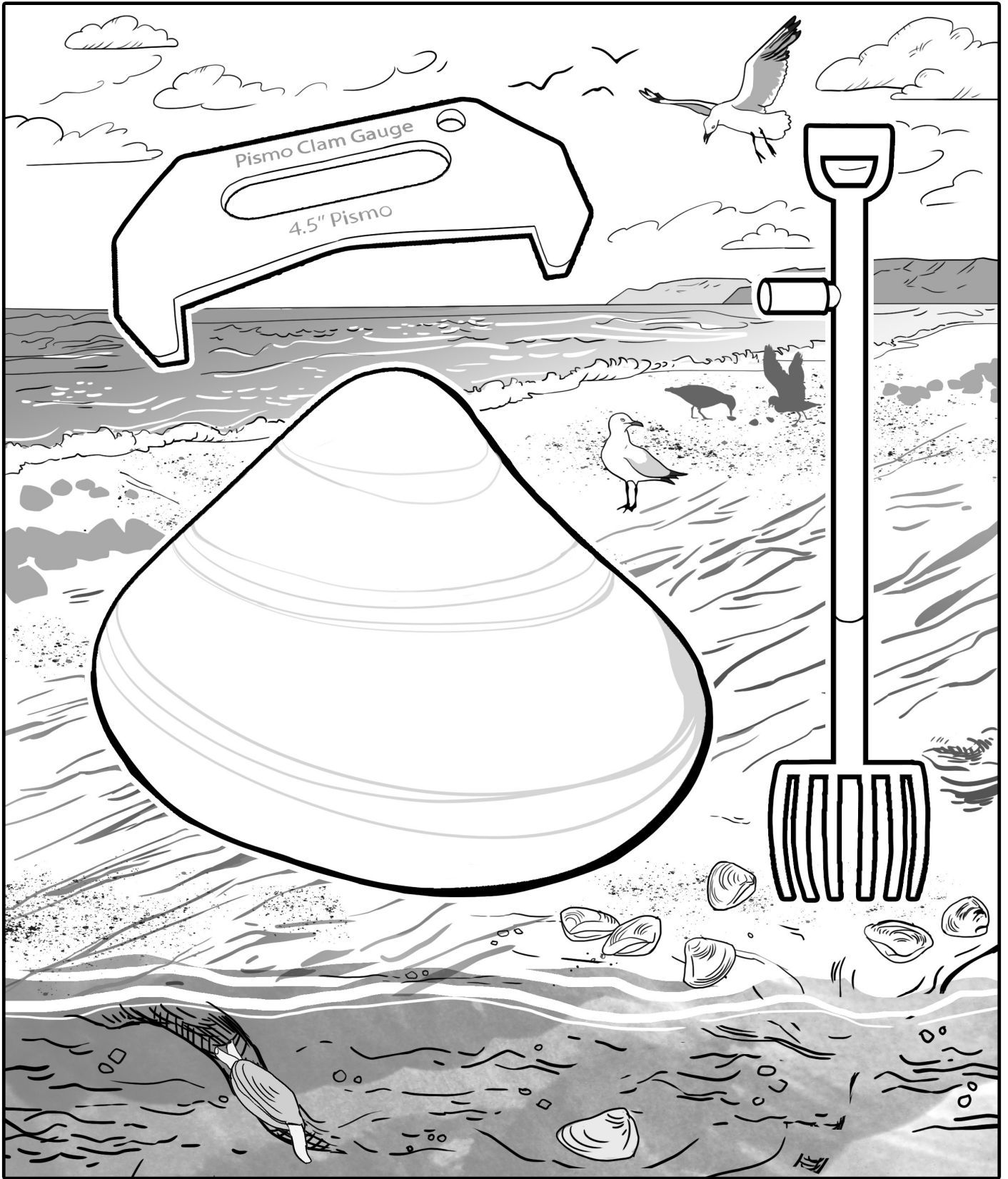




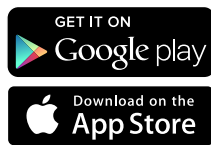
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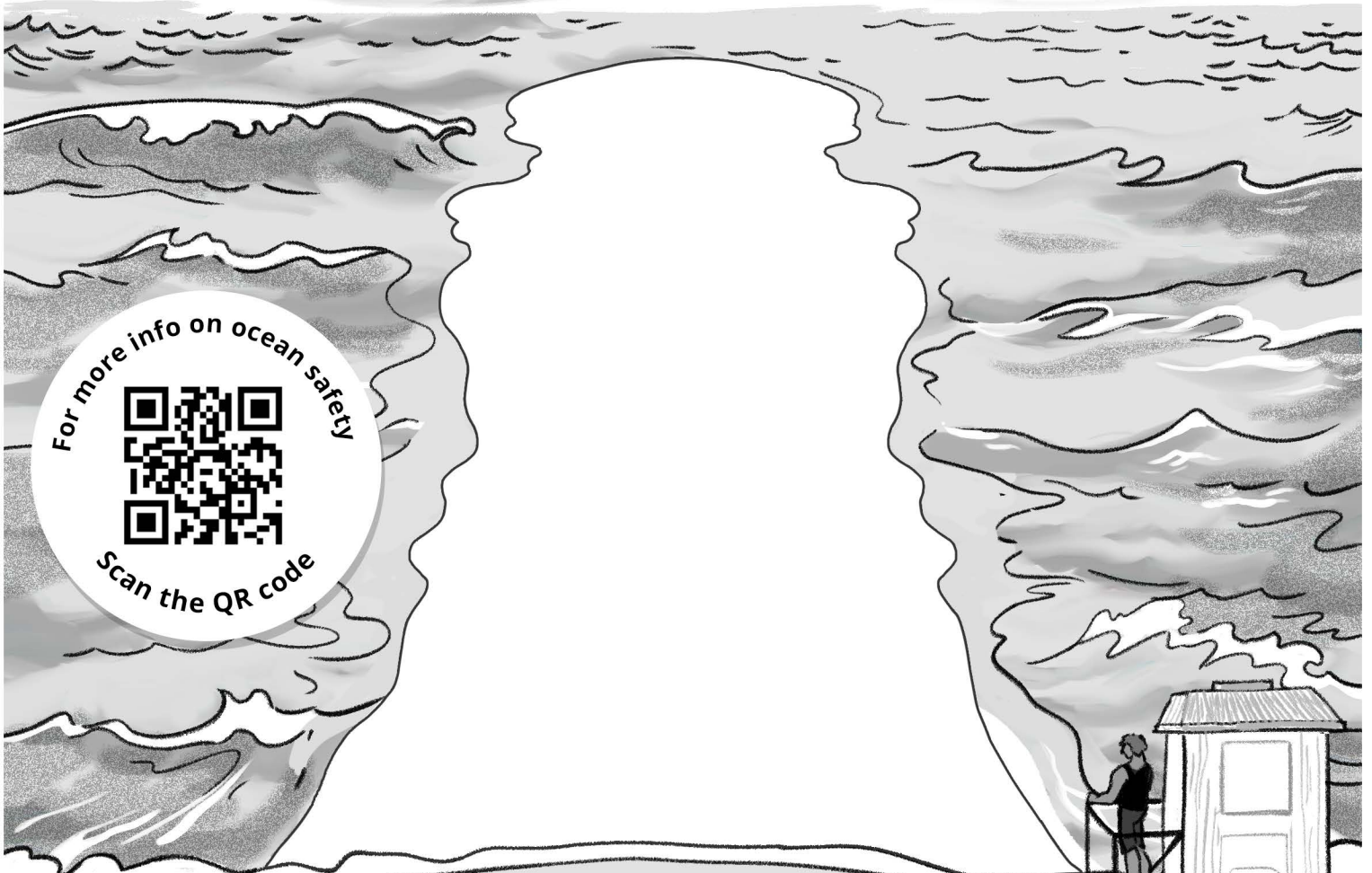


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# RIP CURRENTS

*When in doubt, don't go out!*



**COLOR IN THE RIP CURRENT ABOVE!**

Rip currents are powerful currents of water moving away from the shore. They are dangerous & can sweep even the strongest swimmer out to sea!

## WHAT TO DO IF CAUGHT IN A RIP CURRENT

1. Relax, rip currents don't pull you under.
2. Don't swim against the current.
3. Escape the current by swimming parallel to the beach.
4. If you can't escape, focus on floating and wave to a lifeguard for help.



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