



4 Tips for a Safe and Healthy Summer

Planning on attending a summer gathering? Protect yourself and others from COVID-19.



Know you're healthy before you go.

Stay home and call your doctor if you or anyone in your family is experiencing fever, cough, shortness of breath, chills/shaking chills, muscle pain, headache, sore throat, or a new loss of taste or smell.



Always wear your mask.

A cloth mask protects you and others. You may have COVID-19, even if you don't have symptoms.



Social distance.

Even with your mask on, the best way to protect yourself and loved ones is to stay 6 feet apart from those outside your home.



Practice healthy hand hygiene.

Wash your hands often with soap and water or use hand sanitizer. If you're hosting, make sure to provide plenty of paper towels, tissues, disinfecting wipes, and no-touch trash cans.

Let's do our part to be safe and stay healthy this summer, so we all can thrive.

