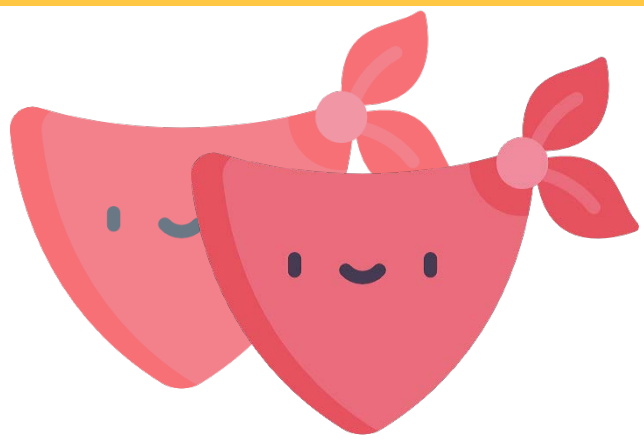


COVID- 19 SUMMMER TIPS

TIPS TO STAY COOL SO YOU CAN KEEP YOUR FACE COVERED



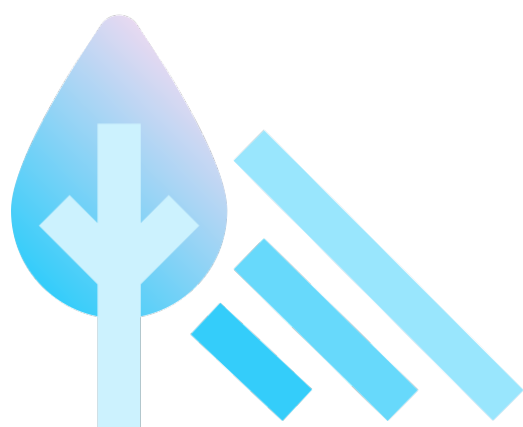
HAVE SEVERAL FACE COVERINGS SO YOU CAN CHANGE OFTEN



DRINK WATER TO STAY HYDRATED



USE A SPRAY BOTTLE OF COOL WATER TO COOL EXPOSED SKIN



TAKE FREQUENT BREAKS & DESIGNATE A SHADED REST AREA



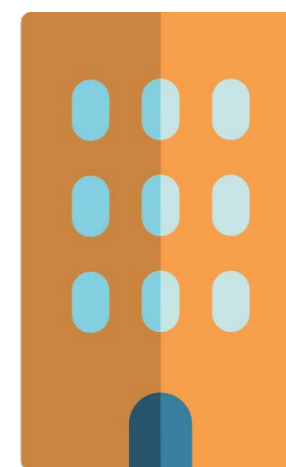
KEEP EXTRA FACE COVERINGS/TOWELS IN A COOLER OR SOAK IN WATER



WEAR COOLING VESTS



AVOID DIRECT SUNLIGHT



GO INDOORS TO COOLED AREAS OFTEN