COVID-19 SUMMER TIPS

TIPS TO STAY COOL SO YOU CAN KEEP THAT FACE COVERED

- Have several face coverings so you can change often
- Drink water to stay hydrated
- Take a fan to your work location
- Take frequent breaks & designate a shaded rest area
- Keep extra face coverings/towels in a cooler or soak in water
- Use a spray bottle of cool water to cool exposed skin
- Avoid direct sunlight
- Go indoors to cooled areas often
- Wear cooling vests

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