COVID-19 SUMMER 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.
- Wear cooling vests.
- Keep extra face coverings/towels in a cooler or soak in water.
- Take frequent breaks & designate a shaded rest area.
- Avoid direct sunlight.
- Go indoors to cooled areas often.

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