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 SHADEN 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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