

COVID-19

Summer Safety Tips

Here are a few tips to help you enjoy outdoor activities safely during a coronavirus summer.

Beach Trips

- ❖ Avoid crowding together on blankets, towels, chairs, or under an umbrella.
- ❖ Avoid community beach toys and floats – bring your own instead.
- ❖ Wear a face mask and use hand sanitizer frequently.
- ❖ Skip the sun and sand if the beach is busy.



General Tips

- ❖ Practice social distancing by staying at least six feet away from people who don't live in your household.
- ❖ Gather in groups of 10 or less.
- ❖ Practice good hand hygiene and frequently sanitize high-touch items.
- ❖ Wear a face mask in public settings.
- ❖ For trips away from home, pack extra hand wipes and sanitizer gel.
- ❖ Remember to apply sunscreen to the area underneath your mask to avoid getting a sunburn, and drink plenty of fluids to stay hydrated.



BBQs

- ❖ Don't share utensils, cups, or snacks – no double-dipping!
- ❖ Wipe down high-touch surfaces frequently, such as patio tables & chairs.
- ❖ If you aren't from the same household, consider bringing your own food & drink to avoid transmitting the virus through surfaces.



Swimming

- ❖ Carry disinfecting wipes to sanitize community chairs before use.
- ❖ Remember to social distance and wash your hands once you're out of the water to prevent catching or spreading the virus.
- ❖ If the community pool is packed, try coming back another day.
- ❖ Backyard pool parties with people from your household are safe. If friends or family are visiting, have conversations across the pool rather than right next to each other.



Hiking & Biking

- ❖ Visit parks and trails close to home; traveling long distances may contribute to the spread of the virus as you stop along the way.
- ❖ Carry a face mask to pull over your nose and mouth in the event a crowd forms on the trail or at scenic stops.
- ❖ Wash your hands frequently or use hand sanitizer, especially if you are touching handrails or bike station tools.



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