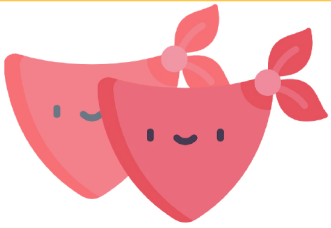


# COVID-19 SUMMER TIPS

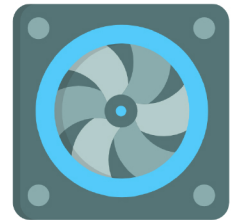
## TIPS TO STAY COOL SO YOU CAN KEEP THAT FACE COVERED



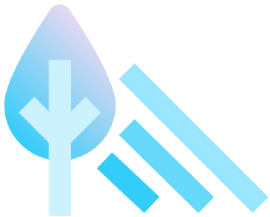
**HAVE SEVERAL  
FACE COVERINGS  
SO YOU CAN  
CHANGE OFTEN**



**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**