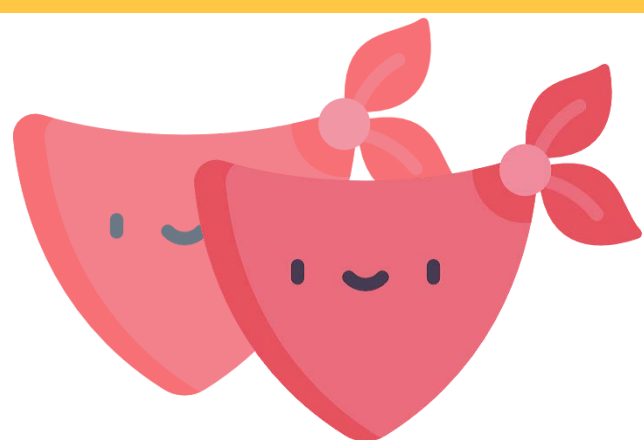


COVID- 19 SUMMMER TIPS

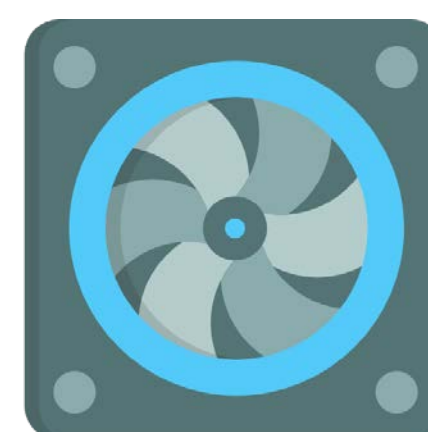
SOME TIPS TO STAY COOL SO YOU CAN KEEP THAT FACE COVERED AND BE SAFE!



HAVE SEVERAL FACE COVERINGS SO YOU CAN CHANGE OFTEN
(REMEMBER TO WASH THEM)



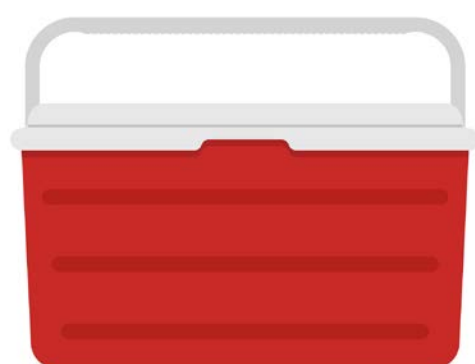
DRINK WATER TO STAY HYDRATED
(AVOID CAFFEINE)



TAKE A FAN TO YOUR WORK LOCATION IF FEASIBLE



TAKE FREQUENT BREAKS & DESIGNATE A SHADED REST AREA



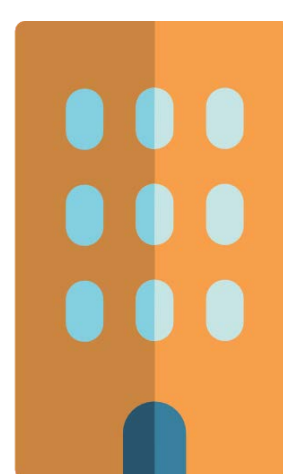
KEEP EXTRA FACE COVERINGS/TOWELS IN A COOLER



USE A SPRAY BOTTLE OF COOL WATER TO COOL EXPOSED SKIN



AVOID DIRECT SUNLIGHT



GO INDOORS TO COOLED AREAS OFTEN
(OR A VEHICLE IF NECESSARY)



WEAR COOLING VESTS IF AVAILABLE