

SUMMER SAFETY

Summer. It's all about fresh air, sunshine and the great outdoors. While states and counties are in various stages of reopening after the outbreak of COVID-19, Level Up wants to ensure you are safe as you begin to spend more time outdoors during the summer months.

PRACTICE SUN SAFETY

- Try to avoid being in direct sunlight during the middle of the day. That is when the sun's rays are at their strongest.
- Use broad-spectrum sunscreen that has an SPF of at least 15 and UVA and UVB protection.
- Wear a hat with wide brim, sunglasses, and light clothes to cover exposed skin and block UVA and UVB rays.



STAY HYDRATED

- Don't wait until you're thirsty to drink more fluids.
- Drink more water than usual and avoid alcohol or drinks containing high amounts of sugar. By just drinking a glass a water or sparkling water with a lemon slice, you'll save yourself hundreds of calories.



KEEP FOOD SAFE

- Clean your produce and dry them with a clean cloth or paper towel before packing them in the cooler.
- Cook foods with safe and appropriate temperatures, especially raw meats, poultry and seafood when grilling.
- Don't cross contaminate. Be sure to keep foods securely wrapped.
- Remember to keep your hot food hot and your cold food cold – refrigerate leftovers right away.



PROTECT YOURSELF FROM BUGS

- Insect repellent with EPA-approved products like DEET can be used to help ward off bugs, especially mosquitoes and ticks.
- If you do find a tick, remove it with fine-tipped tweezers. Call your doctor if you develop any rashes, fever or fatigue within the next one to three weeks.



MAINTAIN PREVENTION

- Wear a mask or face covering when going to the store, a medical facility, or other indoor public space.
- Stay 6 feet from others (approximately 8 stairs or the length of 2 shopping carts).
- Wash your hands a lot, especially after touching doorknobs, handles, light switches, and electronics.



Continue to protect yourself and others. Be in the know with any updates regarding COVID-19 from [The Centers for Disease Control and Prevention](#). Make sure you play it safe all summer long!

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