

# COVID-19 Summer Tips

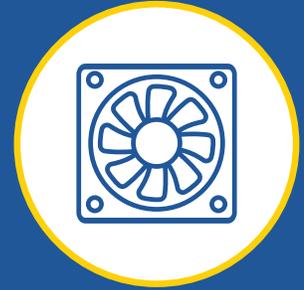
Tips to stay cool while keeping your face covered.



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

For more guidance and resources, please see EH&S COVID-19 website:  
[www.ehs.uci.edu/PublicHealth/covid-19/](http://www.ehs.uci.edu/PublicHealth/covid-19/)