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/