

Healthy Habits for Summer Fun

For many, summer is a season of activity. Whether you're attending a concert, cheering on a sporting event, or traveling for vacation, crowded public spaces can also make it easier for germs to travel. Use these tips to help protect your health this summer and enjoy all the season has to offer.



Protect yourself from the sun by wearing sunscreen, protective clothing, hats, and sunglasses.



Avoid sharing food, drinks, utensils, straws, or water bottles with others, especially those outside of your household.



Stay up to date on recommended vaccines, and check travel vaccine recommendations if you are leaving the country.



Stay home if you feel sick, especially if you have a fever, cough, or vomiting. When in public, cover coughs and sneezes with a tissue or your elbow.



Wash your hands often with soap and water, especially after using the restroom, before eating food, and during travel.



Practice good food safety, such as keeping perishable foods cold during picnics, tailgates, or outdoor gatherings.



If trapped in a crowd, stay on your feet and move with the flow of the crowd. Avoid being pushed against walls or fences. If you drop something, do not bend down to pick it up.



Look out for friends and loved ones who may be more vulnerable to heat or illness, including young children and older adults.



Drink plenty of water to stay hydrated, especially during hot outdoor events or when drinking alcohol.

A few healthy habits can go a long way to keep your summer plans safe. For more information, check out the following resources:

- [Beat the Heat: Staying Safe in Extreme Conditions](#)
- [Understanding the Risks of Alcohol Consumption](#)
- [An Introduction to Food Safety](#)

You can also check out the latest information from your public health department or talk to a healthcare provider with any specific questions.