



Your Guide to Summer Safety



Make your summer as carefree as possible by taking the proper health and safety precautions.

With the lifting of mask restrictions and the availability of the COVID-19 vaccine, this summer looks much different than last. But that does not mean you should let your guard down completely. **Maintain good handwashing habits and if you are not vaccinated or are around people who have not been vaccinated:**

- Socially distance
- Wear a mask

On the Land

Limit alcohol intake.

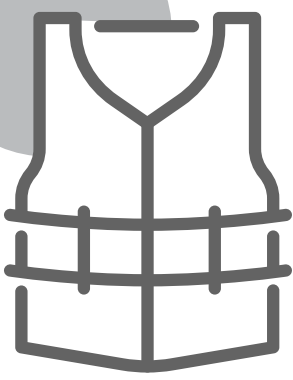
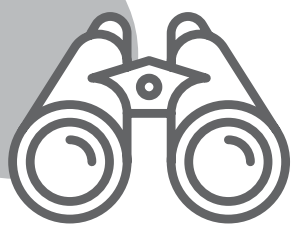
Drinking in the heat can cause dehydration and increase your risk of heat-related illness.

Say no to starter fluid.

If the coals are ignited, you are ready to grill.

Never leave your cooking unattended.

If you need to step away from the grill, turn it off and close the cover.



Visit weillcornell.org/primary-care to find a primary care provider who can help with any summer-related medical mishaps.

