

MCLB ALBANY SAFETYGRAM

101 CRITICAL DAYS OF SUMMER DURING COVID-19 PANDEMIC

Summertime is when we get excited about participating in outdoor activities such as biking, cooking out, and swimming, just to name a few. Memorial Day weekend starts the “101 Critical Days of Summer” and goes through Labor Day holiday. The CDC’s recommendation of wearing a face covering, in response to the **COVID-19** pandemic, could increase the probability of exposure to heat-related illnesses.

Here are some tips to help you stay safe during these 101 Critical Days of Summer.



Bicycle Safety:

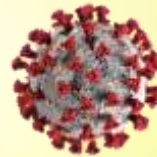
1

- Use arm and hand signals.
- Ride with the flow of traffic.
- Always wear an approved bicycle helmet.
- Avoid riding at night.
- Wear reflective clothing.

Swimming and Water Safety:

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- Do not drink alcohol while swimming.
- Swim in designated and supervised areas.
- Never leave a child unsupervised near water.
- Wait 30-45 minutes after eating before swimming to avoid cramps.
- Never dive into shallow water.



NOTE: According to the CDC, there is no evidence the virus that causes **COVID-19** spreads through treated recreational pools, hot tubs, spas, and water play areas.

Cookout Safety:

3

- Do not grill in an enclosed area.
- Never leave a grill unattended.
- Keep children and pets away from grill.
- Keep a fire extinguisher nearby.
- Never use gasoline to light charcoals.
- Maintain social distancing and limit cookout to ten or less people per CDC’s **COVID-19** guidance.

How to protect yourself from heat-related illnesses?

4

- Know the signs and symptoms of heat exhaustion/stroke.
- Plan and train for heat-related illnesses emergencies.
- Take appropriate rest breaks to cool down and hydrate.
- Extend rest periods as the [heat flag conditions](#) arise.
- Use sunscreen and wear proper clothing for sun protection.
- Schedule strenuous activities during cooler part of the day.
- Under guidance recommended by the CDC for **COVID-19**:
 - Know the effect of personal protective equipment (PPE) or face covering during heat stress conditions.
 - Encourage more breaks to get rid of excess heat while wearing PPE or face covering.



While there is ongoing community spread of the virus that causes **COVID-19**, it is important for individuals to take extra precautions to ensure health and safety during these **101 Critical Days of Summer**. Please visit www.nsc.org/home-safety/tools-resources/seasonal-safety/summer for more information on summer safety.



Risk Management 639-5249
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May 2020

