

May 23, 2022



DOH-Collier Recommends a Safe Healthy Memorial Day Weekend

Prevention tips to keep you and your family safe this holiday weekend

Contact:

Breanna Johnson

DOHCollierPIO@flhealth.gov

239-252-8228

Naples, Fla. — The Florida Department of Health in Collier County (DOH-Collier) wants to make sure residents and visitors are safe during Memorial Day weekend. Follow these tips for a healthy holiday weekend.

Water Safety – Each year many children drown during summer holiday weekends. Being aware of the basic principles of water safety, combined with knowledge and understanding of water hazards, can increase enjoyment and significantly reduce the number of drowning deaths each year. Never take your eyes off children in and around water. There is no substitute for active supervision. Supervise children in and around open bodies of water, giving them your undivided attention. NEVER leave a child alone around water. If your child is missing, check other pools or surrounding bodies of water. Use barriers when around water including fences, self-closing/self-latching gates, and secure doors with alarms. Barriers can help prevent young children from wandering into bodies of water including lakes, pools, ponds, etc... Remember that layers of protection are necessary to prevent drowning.

Sun Safety - Seek shade when the sun is strongest. This is typically between the hours of 10am and 4pm. Wear a broad-spectrum sunscreen with at least SPF 15 on all parts of exposed skin before you go outside. Remember to reapply every two hours and after swimming or sweating. Wear a wide-brimmed hat that shades your face, ears, and back of neck. Protect your eyes and the delicate skin around your eyes from sun exposure by wearing sunglasses. Wear light, long-sleeved shirts when possible.

Food Safety - Before and after handling raw meat, poultry, eggs, and seafood make sure to wash your hands with soap and water for at least 20 seconds. Separate all food! Use one cutting board for raw meat, poultry, and seafood, and another one for vegetables and fruits. Cook all foods to the proper temperature by using a food thermometer. Baking sweets might come with the temptation of eating the dough or batter, but that is not safe. Make sure to refrigerate perishable food within 2 hours. If the temperature is above 90 degrees Fahrenheit, chill food within 1 hour.

COVID-19 Prevention - Even though this weekend is the perfect time to spend with family and friends it is important to remember that COVID-19 remains in our community. Whether or not you have received the COVID-19 vaccine, it is important to stay home if you are feeling sick. Remember to frequently wash your hands with soap and water for at least 20 seconds. If soap and water is not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. For more information regarding COVID-19, visit: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

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About the Florida Department of Health in Collier County

The Florida Department of Health in Collier County, nationally accredited as part of an Integrated Local Public Health Department System by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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