

# Summer Safety at the Jersey Shore!



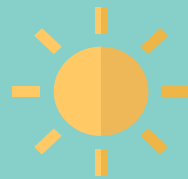
Postpone your trip to the shore if you are sick.



Wash your hands regularly.



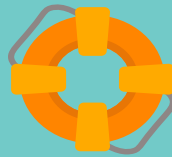
Stay up to date on your vaccines.



Wear sunscreen and reapply as needed.



Pack and use bug spray as needed.



Pay attention to the tides and lifeguards.



Choose safe food and drinks. [Click here](#) for more information.



Check the levels of COVID-19 in the area you will be traveling to.



[Get tested](#) if you start experiencing COVID-19 symptoms.



For more general travel guidance, be sure to visit [www.nj.gov/health/cd/topics/travel.shtml](http://www.nj.gov/health/cd/topics/travel.shtml).

