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).