

While having fun this summer, remember to protect yourself and your family from COVID-19.

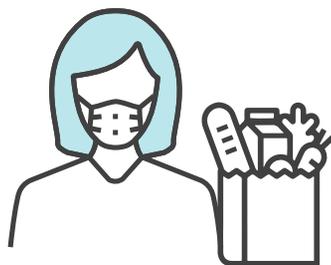


More businesses, stores, places of worship and services are opening. But COVID-19 has not gone away. We still need to be careful.



You and your family are safest at home:

- Stay home as much as you can.
- Only let people you live with into your home.
- Wash your hands.
- If you're sick, stay home and keep away from the people you live with.
- Fully clean surfaces.
- Don't share food, toys, or other items.
- Open windows if you can.



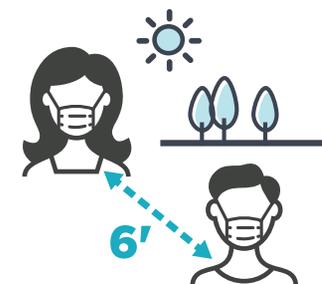
It's okay to run errands but be sure to:

- Wash your hands and don't touch your face.
- Wear a face covering over your nose and mouth.
- Stay at least 6 feet away from people you don't live with.
- Don't talk for long with people you don't live with.
- Stay away from shared surfaces.



It's good to get outdoors but be sure to:

- Walk, run or bike with members of your household.
- Stay at least 6 feet away from people you don't live with.
- Wear a face covering.
- Wash your hands often and don't touch your face.



Group gatherings are high risk. So try to avoid them.

- Don't go often.
- Don't stay long.
- Don't go if you are sick. You can make others sick.
- Don't go if you are older or have health problems.
- Stay 6 feet away from others.
- Wear a face covering.
- Wash your hands and don't touch your face.
- Stay away from shared surfaces.
- Open windows if you can.

Summer is here!



Everyone wants to get out. But COVID-19 has not gone away. More people in the Pajaro Valley are getting sick from COVID-19 than anywhere else in Santa Cruz County. Here is how we change that and what you can do with the people you live with to stay healthy and safe:



Summer at Home:

- Play board games together.
- Watch great movies or TV shows everyone likes.
- Sing and dance together.
- Tell stories.
- Call or zoom with family you don't live with.
- Teach your kids how to cook, sew or garden.
- Listen to music.
- Have play dates over zoom.
- Set up a tent in the back yard or inside the house and go "camping."
- Do arts and crafts project at home. See the Arts Council of Santa Cruz County for resources.
- Take Digital NEST Classes online.



Summer in the Neighborhood:

- Take a walk around the neighborhood.
- Take the dogs for a walk.
- Take photos of what's going on in your neighborhood.
- Play soccer or tag with people you live with.
- Play in the sprinklers.
- Skateboard, scooter or roller skate around the neighborhood.
- Start a virtual book club with neighbors.



Summer in the Community:

- Have a BBQ, carne asada, or picnic at the park with the people you live with.
- Go for a walk at Pinto Lake.
- Take a walk on the beach.
- Take a hike in the woods at Mount Madonna, Nisene Marks or Henry Cowell.
- Visit the skate park at Ramsey Park.
- Go on virtual 5k runs or walks.
- Visit outdoor museums or botanical gardens
- Shop at farmers' markets.



Summer Gatherings:

- Find safe ways of getting together with those you love.
- Follow guidelines when you go to your place of worship.
- When you go out shopping together, always wear masks.
- Have your quinceañera by zoom, or have a drive-by celebration.
- Celebrate birthdays, holidays, and other events online.
- Connect with your loved ones on the phone or video chat.
- Show your elders you love them by writing them a long letter, or bringing a special treat to their door.