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## TIPS FOR HEALTHY HOLIDAY WEEKEND

### Contact:

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**Martin County, FL** – As residents prepare for the holiday weekend and the start of the summer season, the Florida Department of Health in Martin County is offering these tips for staying healthy in the coming months.

### Stay hydrated, use sunscreen, practice water safety

Take care to protect yourself from the summer sun. Stay hydrated by drinking water at least every 30 minutes while outdoors. Wear a hat and sunscreen to protect your skin from the sun's damaging rays. Practice water safety and never leave a child unsupervised near a pool or body of water.

### Practice proper food safety

Frequent hand washing is the best way to prevent the spread of disease. Keep raw foods and utensils separate from each other. Cook foods to temperature. Promptly refrigerate leftovers to prevent the growth of bacteria.

### Fight the Bite: Drain & Cover!

Summer season is also mosquito season. Some mosquitoes carry harmful diseases. Martin County Mosquito Control and the Health Department urge residents to do their part to stop mosquitoes from multiplying around homes and business. Log on to [www.MartinCountyHealth.com](http://www.MartinCountyHealth.com) and learn to "Drain and Cover." Mosquito Control is available by calling 772-288-5657.

### Avoid contact with algae

Residents are urged to avoid contact with visible algae in the water. Cyanobacteria, a type of blue-green algae, can release toxins that can be harmful to people and pets. Additional information is available at <http://www.floridahealth.gov/environmental-health/aquatic-toxins/index.html> If you spot blue-green algae, please contact the State Warning Point at 1-800-320-0519.

### Advisory – high bacteria

An advisory to avoid contact with the waters near Leighton Park in Palm City remains in effect. River and beach sample results are available at: <http://martin.floridahealth.gov/programs-and-services/environmental-health/beach-and-river-sampling/results/index.html>

### About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla).

For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).

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