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.

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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.

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