4 Important Tips to Stay Safe While Having Fun this Holiday Weekend

Memorial Day weekend is here, and we wanted to share some tips to help you and your family enjoy time outdoors safely, as we learn to coexist with COVID-19.

1. **First and foremost**, stay at least 6 feet away from others (“social distancing”) and wash hands frequently.

2. **Grill Safety**: It’s tempting to want to stand around the grill and chat, but adults are advised to wear masks, and keep distance from others. Always supervise a barbecue grill when in use. Make sure everyone, including children and pets, stay away from the grill.

3. **Water Safety**
   - Maintain social distancing in the water between you and people who don’t live with you.
   - Make sure children in pools are supervised at ALL times in and around water.
   - Wear face coverings on land, especially when physical social distancing is difficult. Do not wear them in the water as it may be difficult to breathe.
   - Don’t share goggles, nose clips, snorkels or other personal items.

4. **Helmet Safety**
   - Everyone, at every age and experience level, should wear a helmet when biking, riding a scooter or any activity which leaves your head vulnerable to injury.
   - Ensure social distancing and mask wearing when appropriate.

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**When Unexpected Medical Needs Arise, We Are Here for You**

The summer months have arrived and as we begin to spend more time doing outdoor activities, we want to remind you that we are here for you if health issues arise. All of Atlantic Health System’s emergency rooms and urgent care centers are open and safe for every patient who enters. Rest assured, we’ve reconfigured processes and facilities to optimize safety and improve the patient experience. And remember Virtual Visits are available anytime day or night.

[Read More »](#)

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**“Returning to a New Normal”**

Memorial Day kicks off a summer season of coexisting with COVID. To learn more about what that could mean for delivering health care, returning to work and planning for the future, check out the latest Facebook Live Community Conversation with Brian Gragnolati, president and CEO of Atlantic Health System. You can see the full video at our website.

[Watch Now](#)

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Source: American Red Cross, Centers for Disease Control, American Academy of Orthopaedic Surgeons