

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

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FLORIDIANS ENCOURAGED TO STAY SAFE AND HEALTHY THIS MEMORIAL DAY WEEKEND

TALLAHASSEE - The Florida Department of Health is encouraging all Florida residents and visitors to keep health and safety a priority while enjoying this Memorial Day weekend. Simple awareness and precautions can help families have fun without the interruption of injury or illness.

“Memorial Day weekend is an opportunity to enjoy the best Florida has to offer,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “While spending time with family and friends, remember to include healthy choices like Florida fresh foods, physical activity and sun protection.”

DOH offers the following tips for ensuring a healthy and safe Memorial Day:

- Drink plenty of water, especially when enjoying caffeinated beverages or alcohol. Try to reduce the amount of sugar-sweetened beverages you and your family consume.
- Be sure to keep cold foods cold. Place leftovers in iced coolers or the refrigerator right away to prevent foodborne illnesses.
- Use high SPF sunscreen before catching rays or playing outside. Reapply often, especially on children.

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Florida Department of Health

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