

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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Contact: Communications Office
(850) 245-4111

Florida Department of Health offers tips for a Safe and Healthy Labor Day Holiday

TALLAHASSEE – The Florida Department of Health reminds residents and visitors to maintain a healthy balance of activities during the Labor Day holiday weekend. Whether spending the day at the beach or at the pool, the Department encourages Floridians to keep safety and health in mind as families enjoy outdoor activities and special meals together.

“As we look forward to the Labor Day weekend, I encourage residents and visitors to keep health in mind,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “Preparing healthy meals, planning fun family activities and making water safety a priority will ensure a happy and healthy holiday.”

Florida is known for its beautiful beaches and is proud to be home to many vacation destinations. The Department encourages all residents and visitors to exercise healthy and safe practices when enjoying our state’s wonderful beaches. The Department offers the following tips for enjoying a safe and healthy Labor Day weekend:

- **Healthy Foods:** Florida fresh fruits and vegetables offer a wide selection of flavor and nutrition to your holiday meals and cookouts. Consider switching traditional menu items such as hotdogs and hamburgers with leaner meats like chicken or fish. Rather than consuming sugary beverages, drink water to help stay hydrated, especially while outdoors.
- **Water Safety:** Children require close supervision, especially in areas that are heavily populated. Never leave children alone near water and instruct children to never push or jump on others in the water. Learning CPR empowers you to make a difference and save a life.
- **Sunscreen:** When going outside, apply a liberal amount of sunscreen to all exposed skin, even on cloudy days. Remember to reapply sunscreen to your skin when outdoors for more than two hours, and after swimming, sweating or toweling off. Sunscreen with an SPF of at least 15 is recommended.
- **Stay hydrated:** Drink plenty of water when outdoors, especially in the summer heat. Be mindful of the signs of dehydration which include dry mouth, dizziness, lack of sweating, dry skin, low blood pressure, rapid heartbeat, and fatigue.
- **Injury prevention:** Florida’s beaches are known for soft white sand. However, rocks and shells are a natural part of the beach environment. Watch where you step and avoid sharp rocks and shells. Wear sandals or water shoes to protect your feet on rocky or shelly surfaces. Water and wounds do not mix. Avoid the water if you have fresh cuts or scrapes.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. During 2014, the Department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit www.FLHealth125.gov for more information.

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