

**July 2020**

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*Marion County*

# Health Bulletin

*The Mission of the Marion County Health Department is to improve the quality of life through preventing disease and preventative health maintenance.*



## A Summer Like No Other

Harvard specialists in epidemiology, infectious disease, economics, politics, and other disciplines offer insights into what the latest developments in the COVID-19 outbreak may bring.

“This is going to be a very different summer,” said Joe Allen assistant professor of exposure assessment science at the Harvard T.H. Chan School of Public Health and director of its Healthy Buildings Program. He said getting outdoors has multiple benefits, both physical and mental, and due to the “unlimited dilution” of viral particles in a breeze and the virus’ low survival on sunny surfaces lower the risks than remaining indoors.

The safest summer activities will occur with those whom you share a household.

### *Some ideas for outdoor activities are:*

Take a hike, backyard camping, tend the garden, sidewalk chalk activity, ride a bike, neighborhood scavenger hunt (looking for things by sight), play a lawn game (cornhole, horseshoes, or croquet), read or study on the patio.

What’s important is reducing risk while enjoying summertime activities, Allen said. That means continuing to keep your distance, wear a mask, have hand sanitizer nearby, wash your hands frequently, cough or sneeze into your elbow, and stay home if you are not feeling well.

Any version of summertime fun will require each person to do his or her part to keep everyone safe.



