



## FOR IMMEDIATE RELEASE

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## DOH-MONROE REMINDS FLORIDIANS AND TOURISTS TO BE SAFE AND HEALTHY THIS SPRING BREAK

(Monroe County, Fla.) — In March, spring break season is in full swing in the Sunshine State, and the Florida Department of Health in Monroe County (DOH-Monroe) is providing spring breakers with health and safety reminders.

“With Florida being one of the biggest tourist destinations every year for spring break, it’s important to plan ahead for an enjoyable vacation,” **said State Surgeon General Joseph A. Ladapo.** “Whether staying active by exploring Florida’s great parks and beaches or enjoying the nightlife, the Department reminds Floridians and tourists alike to stay safe and healthy this spring break.”

“In Monroe County, we share our roads with everything from large delivery trucks to bicycles and scooters,” said DOH-Monroe Administrator and Health Officer Dr. Carla Fry, PhD, MSN, RN. “During this busy time, please be patient, drive slowly, obey traffic laws, and if you are riding on anything with two wheels, wear a helmet. If you need a helmet, our Health Department does free fit-testing and will provide one free of charge. Finally, if you are riding at night, be sure your mode of transportation is well-lit and wear bright clothing, so you are visible to other motorists.”

Wherever your travels may take you, be prepared when it comes to your health before, during, and after a trip. DOH-Monroe recommends the following safety tips:

- Prepare a health kit that includes your prescriptions and over-the-counter medicines, a first aid kit, insect repellent, and a broad-spectrum sunscreen (SPF 15 or higher) that protects against both UVA and UVB rays.
- Stay hydrated and seek shade.
- Protect yourself from the sun with a broad-spectrum sunscreen (SPF 15 or higher) and protective clothing.
- Avoid bug bites and wear insect repellent.
- Designate a sober driver or plan to use a transportation service to get home safely.
- Exercise caution during water activities.

- Check water quality status at beaches by visiting the Protecting Florida Together [Water Quality Dashboard](#).

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#### **About the Florida Department of Health**

The department works to protect, promote, and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at @HealthyFla and on Facebook. For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).