



**American
Red Cross**

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News Release
NEWS RELEASE

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FOR MEDIA ONLY

American Red Cross-How to Stay Safe this Memorial Day and Summer Season

Memorial Day Holiday Weekend is Upon Us-Vacationers will explore America's backyard



Immediate Release

Albuquerque, NM (May 21, 2020) - Summer is just ahead of when we all spend a lot of time outside, enjoying the outdoors. But this year summer fun will be different due to the ongoing COVID-19 pandemic. The American Red Cross offers safety tips you can follow.

If your community is reopening, know what precautions to take in public settings.

- Keep at least 6 feet between yourself and others.
- Wear cloth face coverings, especially in crowded areas. Do not place them on children under age 2.
- Help limit your risk by taking steps to reduce the number of places you go and your exposure to other people.
- Order food and other items for home delivery or curbside pickup, if possible.
- Visit the grocery store and other stores in person only when necessary.

- Stay at home if you are sick

A DIFFERENT KIND OF WATER SAFETY Many public pools and beaches may be closed this summer. Follow the guidance of state and local officials. Make sure the area is designated for swimming. Once there, maintain social distancing, both in and out of the water, between you and people who don't live with you. If you don't think your child can do this, come up with another activity.

- 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.
- A kiddie or inflatable pool can be a great way to have fun but be sure to provide constant supervision to children in and around the water.

BE WATER SMART Have swimming skills and know-how to help others. Achieve the skills of water competency: be able to enter the water, get a breath, stay afloat, change position, swim a distance, and then get out of the water safely.

- Download the Red Cross Swim App and take our new free Water Safety for Parents and Caregivers online course.
- Around the pool, have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water but do not rely on life jackets alone.
- Don't swim alone and only swim in designated areas supervised by lifeguards.
- In the event of an emergency, reach or throw an object to the person in trouble. Don't go in! You could become a victim yourself.
- Constantly supervise children around water and avoid distractions. If you have a pool, secure it with appropriate barriers.
- In group situations, designate a water watcher whose sole responsibility it is to oversee the activity in the water.
- If a child is missing, check the water first. Seconds count in preventing death or disability

GRILLING SAFETY Summer is a popular time for grilling family meals at home. Yet grilling fires spark more than 10,000 home fires on average each year. To avoid this:

- Always supervise a barbecue grill when in use. Don't add charcoal starter fluid when coals have already been ignited.
- Never grill indoors—not in the house, camper, tent or any enclosed area.
- Make sure everyone, including children and pets, stays away from the grill.
- Keep the grill away from the house or anything that could catch fire.
- Use the long-handled tools especially made for cooking on the grill.

HELP SAVE LIVES THIS SUMMER Give blood, platelets or plasma—we're all in this together! Visit [redcrossblood.org](https://www.redcrossblood.org) for more information or to schedule your donation.

ADDITIONAL RESOURCES The Red Cross has several resources to help protect yourself, your loved ones, and your community:

- Learn how to save a life with the Red Cross [First Aid App](#) and [training courses](#).
- Receive customized weather alerts and warnings with our [Emergency App](#).
- Enable the [Red Cross skills](#) on Amazon Alexa-enabled devices for valuable first aid information, to schedule a blood donation, receive warnings about an approaching hurricane, or make a financial donation to the Red Cross.

About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or cruzrojaamericana.org, or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).