

### Tips for Face Coverings

UCR Environmental Health & Safety offers tips for protecting yourself from the heat while wearing a face covering along with tips to keep yourself healthy during COVID-19. Please share these following resources with your colleagues and distribute or post where appropriate.

- [Keep Yourself Healthy Infographic](#)
- [Summer Tips for Face Coverings](#)

For questions or additional resources, please contact [ehsPublicHealth@ucr.edu](mailto:ehsPublicHealth@ucr.edu) and for the latest information on COVID-19, visit [ehs.ucr.edu/coronavirus](https://ehs.ucr.edu/coronavirus)

We hope you find these tips and resources helpful. UCR [Healthy Campus](#) and the [Faculty/Staff Wellness Program](#) remains committed to the health and well-being of the campus community.

If you have any questions or would like more information, feel free to reach out to [healthycampus@ucr.edu](mailto:healthycampus@ucr.edu) or [wellness@ucr.edu](mailto:wellness@ucr.edu).

Stay safe and healthy!