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## FOR IMMEDIATE RELEASE

September 2, 2020

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### CONSIDERATIONS TO HAVE A SAFE LABOR DAY WEEKEND

A MESSAGE FROM DR. LAURA BUTHOD, MEDICAL ADVISOR FOR THE MCHENRY COUNTY  
DEPARTMENT OF HEALTH

We may feel comfortable, but we can't let our masks down.

When we gather with anyone outside our home socially, friends or family, we increase our risk of getting COVID-19. While we recommend you stay home unless you need to leave for essentials or business, there are some considerations to keep in the back of your mind this weekend if you plan on entertaining or visiting others.

When eating and drinking without masks, be sure to space yourselves out and keep the numbers at your gatherings low. Be outside whenever possible, and put your masks back on when talking. Don't forget to wash your hands, especially before touching your mask.

Crowded areas are high-risk for getting the illness, so make sure to follow the rules for masking and distancing, regardless of your holiday destination.

Help us keep our Region 9 numbers low, keep our hospitals available for those that need them and our businesses open.

**MASK UP!**

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