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PERSONAL HEALTH DIVISION

For Immediate Release

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6 tips to have a safe, healthy spring break

Starting next week or later in April, you may embark on travel as many of our area schools dismiss for Spring Break. Enjoy, if you have some fun adventures planned! These [top tips](#) can help you have a safe and healthier spring break:

1. **Stay up to date with your COVID-19 vaccines**, as well as all routine vaccines. The Benzie-Leelanau District Health Department offers [convenient COVID-19 vaccination clinics](#) in both Benzie and Leelanau County.
2. **Check the travel requirements and recommendations for your destination.** View [CDC's website](#) for health risks or requirements at your destination. As a reminder, [masks are required to be worn](#) in many public places while traveling.
3. **Visit your healthcare provider.** They can help you get destination-specific vaccines, medicines, and information.
4. **Plan for unexpected issues.** Doing so can help you get quality health care or avoid being stranded at a destination if you become hurt or ill.
5. **Protect yourself during travel.** Take COVID-19 precautions. Practice [road safety](#). [Wear sunscreen](#). [Avoid bug bites](#) by using insect repellent. Ensure contaminated [food or drinks](#) don't make you become ill.
6. **Do not travel** if you are sick, tested positive for COVID-19, are waiting for results of a COVID-19 test, or had close contact with a person with COVID-19 and are recommended to quarantine. Learn more about [when to avoid travel](#). The Benzie-Leelanau District Health Department has [testing clinics](#) with quick turnaround results so there is no interruption to your travel plans. No symptoms or doctor's order is necessary. All ages are welcome, and no appointment is needed, although pre-registration via [this link](#) or by calling 231-882-2197, will save time at the testing location.

"We want everyone to enjoy their well-deserved time off from school or work – whether you're traveling or taking a stay-at-home vacation," said Dr. Josh Meyerson, Medical Director of the Benzie-Leelanau District Health Department. "So, enjoy...but do so safely and stay healthy," he added.

Stay up to date on the latest information in the Benzie-Leelanau District Health Department jurisdiction by [liking and following our Facebook page](#) and visiting our [COVID-19 Data Dashboard](#). To locate a testing facility, visit the [Michigan COVID-19 Test Finder website](#). To track the risk levels of COVID-19 pandemic indicators, visit the [MI Safe Start Map website](#). For more information regarding the COVID-19 vaccine, visit the MDHHS [vaccine website](#) or the [CDC vaccine website](#).

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