

# FESTIVAL SEASON IS HERE!

While going to a festival can be an amazing experience, it is easy to get swept up in the excitement and forget about safety. Here are some tips to help stay safe and healthy while having fun.

01

## STAY COOL AND HYDRATED

Avoid dehydration by drinking lots of water. Stay cool by wearing sunscreen, dressing appropriately for the weather, and spending time in shaded areas when you can.



## PARTY SAFE

02

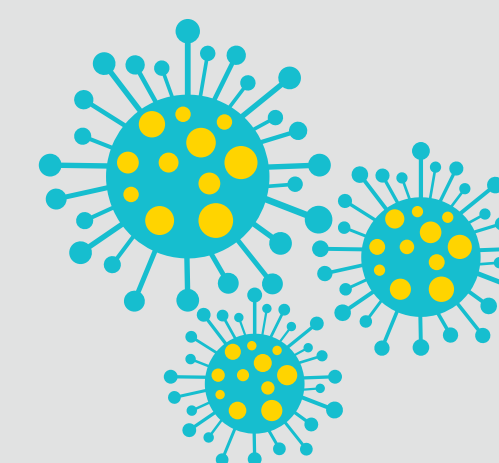


Do not bring prohibited items into the event. Consider using drug testing services on-site or your [local health authority](#). Monitor your alcohol intake and avoid binge drinking.

03

## COVID-19

Prior to the event, keep up to date on [COVID-19 restrictions in your local health authority and the health authority of the event](#). Monitor emails from the event about the COVID-19 precautions in place.



## PROTECT YOUR HEARING

04



Loud noise and festivals go hand in hand, so be prepared and bring earplugs to protect your ears and don't stand directly beside the speakers.

05

## IMPLEMENT A BUDDY SYSTEM

Looking out for your friends is important. Implement a buddy system with your friends where you look out for them, and they look out for you. Select a meeting spot in case either of you get lost and don't always rely on phones as they may not work when you need them.



## EVENT RULES

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Look for and follow the event's Code of Conduct to keep you and everyone safe. Make sure to follow instructions from event staff and security and if you see something, say something. Event organizers cannot fix what they don't know is wrong!