



# News Release

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## Be safe this Labor Day weekend and National Preparedness Month

**OLYMPIA** – As we head into Labor Day weekend, the Washington State Department of Health (DOH) encourages everyone to keep health and safety in mind.

For many, Labor Day weekend is not only a celebration of our workforce and labor movement. It's also an opportunity to gather and enjoy the summer season as it draws to a close.

“We want people in Washington to have fun this holiday weekend, and to do so as safely as possible,” said Nathan Weed, Chief of Resilience. “Whether having a barbecue, celebrating on the water, or joining other activities, a little planning and awareness can go a long way in preventing an illness or accident.”

Here are some easy—yet impactful—ways to prepare for a safe, healthy holiday:

- Practice [food safety](#) and [shellfish safety](#) to prevent foodborne illnesses
- Practice [water safety](#) if you swim, boat, kayak, or paddle board
- Avoid insect bites and prevent [mosquito-borne disease](#)
- Take precautions to [prevent wildfires](#)
- Know the latest on how to stay safe from [COVID-19](#) and [monkeypox virus \(MPV\)](#)

September is also National Preparedness Month. Public health agencies use this annual observance to promote emergency preparedness and encourage community members to take action before, during, and after an emergency. From an infectious disease outbreak to a natural disaster, DOH is ready to respond to help address and maintain the safety of Washingtonians.

Watch for additional [preparedness tips](#) and guidance through the month of September on the DOH website and social media.

The [DOH website](#) is your source for *a healthy dose of information*. [Find us on Facebook](#) and [follow us on Twitter](#). Sign up for the DOH blog, [Public Health Connection](#).

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