

Reminders for a safe and healthy holiday season

Sharing is not always caring, especially when it comes to sickness! COVID-19 and flu both spread very easily. Remember to protect yourself and your loved ones when getting together this holiday season by taking some easy steps.



Make sure you are up to date on your vaccines

Now is the time for an updated COVID-19 vaccine and your yearly flu shot. The flu shot and COVID-19 vaccines are recommended for everyone 6 months old and older. Go to vaccines.gov to find a vaccine near you.



Wear a mask

Pay attention to the COVID-19 community levels where you live. When levels are high, consider wearing a mask inside public spaces. This is especially important for people who are at high risk of getting very sick. For example, people who have lowered immune systems and people who are pregnant.



Learn your community's level by scanning here:



Or visit:
cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html



Wash your hands

Wash your hands often with soap and water.

Make sure you are washing for long enough (sing happy birthday twice)! You can also use an alcohol-based hand sanitizer that's at least 60% alcohol.

Stay home and avoid gatherings if you are sick

If you are having symptoms of flu or COVID-19, you should stay home. Symptoms to look out for include:

- Fever
- Cough
- Body aches
- Tiredness

If you have to leave your house while you are sick, protect the people around you by wearing a mask.



Get tested

If you are feeling sick, get tested! You can get tested for COVID-19 or flu at your doctor's office or an urgent care. If you live with someone or will be seeing someone who is at high risk of getting very sick from COVID-19, consider taking a home rapid test before seeing them. You can order up to 4 free at-home COVID-19 tests here: <https://www.covid.gov/tests>

If you test positive, stay home and away from others (isolated) for at least 5 days.



Learn more about what to do if you test positive by visiting:
www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html
or scan here:



How can I learn more about COVID?



To learn more, visit:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>