

Holiday Health and Safety Tips

The holiday season is right around the corner! Make it a happy and healthy one by following the recipe below.

HOLIDAY

Recipe for a Happy and Healthy Holiday



INGREDIENTS:

Vaccination
Mask
Hand Soap
Hand Sanitizer
Clear Communication
Safe Travels

MORE INFORMATION:

Follow guidance from your local health department. .

Find more information from the Infectious Diseases Society of America about protecting yourself and your loved ones from [COVID-19](#) and [the flu](#).

Follow [the American Academy of Pediatrics' recommended vaccine schedule](#) to protect your child from serious illness.

STEPS:

Get the most up-to-date vaccines before the holiday festivities begin. Children and adults ages 6 months and older should get a COVID-19 and flu vaccine to protect against serious illness. These vaccines are available from physicians, pharmacies, and other healthcare professionals.

Monitor rates of illness in your community and take precautions recommended by your local health department, which may include more frequent hand washing and staying home if you feel sick.

Keep your immune system strong by getting quality sleep, staying hydrated, eating a healthy diet, and managing stress.

If you're traveling, avoid crowds and keep hand sanitizer handy in travel hubs like airports and train stations. If you feel sick, consider delaying your trip.

Wash or sanitize your hands before serving and eating food to stop the spread of germs to other surfaces or people.

Wear a high-quality mask when gathering with people who are at a higher risk of serious illness. High-filtration, well-fitting masks, such as N95s, KN95s, and KF94s help reduce the transmission of flu, COVID-19, and other respiratory illnesses. Anyone can choose to wear a mask as an additional precaution during the holiday season.

DON'T FORGET ABOUT THE KIDS' TABLE!

Vaccination is the best way to protect children from serious illness. Now is a good time to ensure your child is up to date with their vaccines. If you're unsure, talk to a healthcare professional about next steps. Additionally, all children ages 6 months and older should get the flu and COVID-19 vaccines before gathering with family and friends this holiday season.

Finally, remind kids to wash their hands before and after eating, and to cover their mouths if they cough or sneeze.

Together, these actions can ensure everyone enjoys a happy and healthy holiday season!