

# Holiday Health and Safety Tips

Thanksgiving is right around the corner! To help you enjoy a happy and healthy Thanksgiving, remember to take precautions like staying up to date on COVID-19 vaccinations, wearing a mask, and washing your hands. Don't forget to take a COVID-19 test if you have been exposed to the virus, are experiencing symptoms, or are visiting anyone at heightened risk for serious illness.

## HOLIDAY

### Recipe for Thanksgiving

Makes: One Happy and Healthy Holiday



#### INGREDIENTS:

Vaccination

Mask

Hand Soap

Hand Sanitizer

Communication

Safe Travels

#### MORE INFORMATION:

Follow community guidelines from your local health department.

Visit the CDC site for: COVID-19 information: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Visit the CDC site for flu information: [cdc.gov/flu](https://www.cdc.gov/flu)

#### STEPS:

**Get the most up-to-date vaccines.** Children and adults age 6 months and up should get a COVID-19 and flu vaccine to protect against serious illness. Visit your health department site for more information on vaccine access, or talk with your healthcare provider.

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

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

**Communicate** any health precautions to your guests in advance of the gathering or meal. Encourage guests to stop the spread of illness by canceling plans if they are sick or have been in contact with someone who is sick.

**Protect your health when traveling** by getting vaccinated. Take additional precautions to avoid crowds, wear a mask, and get tested before and after your trip. If you feel sick, get a COVID-19 and flu test and consider delaying your trip.

#### DON'T FORGET ABOUT THE KIDS' TABLE!

Vaccination is the best way to protect children from serious illness, and the CDC recommends that all children age 6 months and older get a COVID-19 and flu vaccine. In addition to vaccination, remind kids to wash hands before and after eating, and cover their mouths if they cough or sneeze. Together, all of these actions can ensure everyone enjoys a happy and healthy Thanksgiving!