Have a Healthy Holiday Season

Take steps to keep you and your loved ones safe and health this holiday season.

- Wash hands often to help prevent the spread of germs – Wash hands with soap and clean running water for at least 20 seconds
- Bundle up to stay dry and warm – Wear appropriate clothing, dress in layers with gloves, hats, and boots
- Manage stress – Give yourself a break if you feel overwhelmed
- Get vaccinated – vaccinations prevent disease and safe lives
- Prepare food safely – Avoid cross contamination and cook foods to proper temperatures
- Eat healthy and Stay active – Limit portion sizes and get exercise
- Cover your cough – use a tissue
- Stay home when sick – avoid sharing germs with others