

HAVE A JOYOUS HOLIDAY SEASON!

We wish you happy holidays full of LOVE, PEACE and HEALTH!

Tips to help you stay healthy during the holiday season:

- Get all recommended vaccines for COVID-19, flu, and RSV as soon as possible.
- Wash your hands often or use hand sanitizer.
- Wear a mask around others when in crowded spaces.
- Cover coughs and sneezes.
- Avoid touching your eyes, nose, and mouth.
- If you are sick, stay home.
- Get tested if you are sick or feeling sick.
- Stay away from others who are sick, if possible.

Scan QR to learn more about staying healthy during the holidays:



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