

# HAPPY HOLIDAYS

*Wishing you a season of Love, Peace, and Health!*

## Tips to stay healthy for the 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



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Scan QR code for more  
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healthy during the  
holidays

