



What you can do to help prevent getting sick this holiday season and protecting your loved ones from:

RSV | COVID | FLU



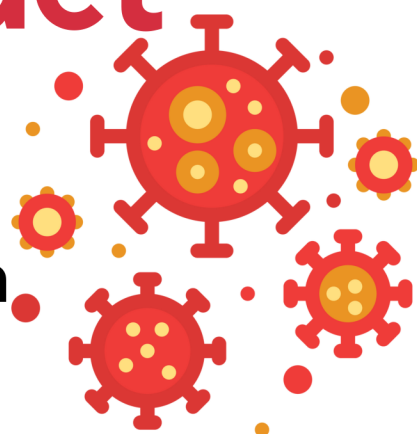
Get **VACCINATED** and boosted when possible.

Vaccines can help protect you and boosters help in extending that protection.



AVOID close contact with sick people

Celebrate with those who already live in your household and limit outside guests.



Cover your coughs and sneezes

Most diseases are spread through droplets from a cough or sneeze. **COVER** your mouth with a disposable tissue or napkin.



Wash your hands **OFTEN**

- For 20 seconds with soap and water
- Especially after you cough or sneeze
- Be sure to monitor and assist young children



Wear a mask

Protect you and your family by wearing a face mask around those who do not live in the household.

**Especially infants and elders who are at higher risk.*



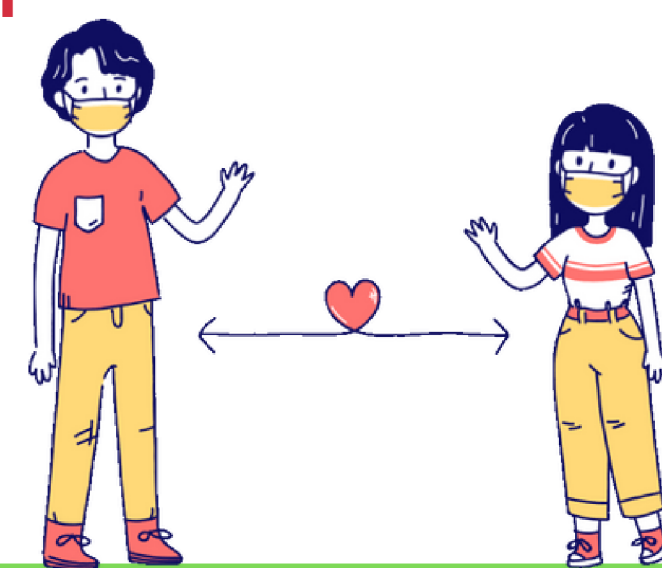
AVOID touching your face



Try not to touch your nose, eyes or mouth as you may contract or spread any bacteria you came in contact with. If you *must* touch your face, wash your hands **immediately** before *and* after doing so.

Practice Physical Distancing whenever possible

- Limit the amount of people you invite
- Keep tables apart if possible
- Avoid hugs with other individuals if possible



Clean and Disinfect

Frequently wipe down objects and surfaces that are touched often such as: light switches, handles, remotes, bathrooms, etc.



If you feel unwell...

Or believe it is "just" allergies OR a common cold **GET TESTED** and



For more information on RSV, COVID, or FLU visit the CDC Website.
Or Visit your healthcare provider.

If you have any questions or concerns please contact the Community Health Education Program at:
(520)562-5100