Staying Safe During the Holidays

Share laughter and love with your friends and family this holiday season, not germs. There are several respiratory illnesses spreading right now, including influenza, RSV, COVID-19, and others. You can protect yourself and others from these common illnesses by doing these things:

- Get vaccinated. Make sure you are up to date on all of your recommended vaccines, including flu and the bivalent COVID-19 vaccines.
- Stay home if you are sick.
- Cover your coughs and sneezes
- Wash your hands frequently.
- You may want to consider avoiding crowded indoor spaces and wearing a mask indoors, especially if you are at higher risk, or if you are interacting with someone at higher risk, for getting sick from one of these viruses.
- Continue to get tested for COVID-19 if you have symptoms or were exposed. Consider testing before a gathering.

Don't rely on just one thing to prevent the spread of these illness. We need to use layers of protection to help protect ourselves, our loved ones, and our communities. More information at