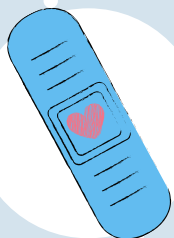




HOLIDAY HEALTH AND SAFETY TIPS

Give the gift of health and safety to yourself and others by following these holiday health tips.



Get your COVID-19 and flu vaccines

The COVID-19 vaccine and a yearly flu vaccine can protect you from COVID-19 and the flu. Get vaccinated or boosted as soon as you can.



Wear a mask

If you are not fully vaccinated or if you have a weakened immune system, wear a mask indoors when gathering with others. If you are fully vaccinated, wear a mask indoors in public places.



Wash your hands often

Keeping hands clean is one of the most important steps you can take to avoid getting sick. Wash hands with soap and water for at least 20 seconds.



Stay home if you are sick

It is very important to stay home if you are not feeling well. Staying home will help to not spread illness to others you care about.



Connect with others

Sometimes the holidays can be stressful or lonely. Talk with people you trust about how you are feeling and express gratitude.



Make healthy choices

Get a good night's sleep. Eat foods that are healthy options such as fruits and vegetables instead of sweet snacks. Drink more water rather than sugary drinks.



Get up and move

Make sure you get some kind of exercise every day. This can include going for a walk, playing sports or dancing around the house.



For more information,
visit KYCOVID19.KY.GOV



Kentucky Public Health
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