



Strategies for a **Healthy** and **Safe** Holiday Season

Reduce the spread of COVID-19.



Get Your [COVID-19](#) and [Flu Shots](#)

COVID-19 vaccines can help protect you from COVID-19. Get [vaccinated](#) as soon as you can.

CDC recommends a yearly [flu vaccine](#) as the first and most important step in protecting against flu viruses.



[Wear A Mask](#)

If you are not fully vaccinated or if you have a weakened immune system, wear a mask indoors. If you are fully vaccinated, wear a mask indoors in areas with [substantial or high](#) COVID-19 transmission.



[Find Safer Ways to Celebrate the Holidays](#)

There are several ways to enjoy holiday traditions and protect your health.

[Wash Your Hands](#)

Use soap and clean running water for 20 seconds at key times, such as after using the bathroom or before eating.



DID YOU KNOW?

The 5 handwashing steps are wet, lather, scrub, rinse, and dry.



Consider these tips to help prevent chronic disease.



[Make Time to Unwind and Connect With Others](#)

For stress relief, take deep breaths, stretch, meditate, or do an activity you enjoy. Talk with people you trust about how you're feeling and express gratitude.



[Sleep](#)

Adults need at least 7 hours of sleep per night.



For a healthier sleep, be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.



[Eat Healthy](#)

Reach for healthy options like fruits and vegetables instead of salty or sugary treats.



[Move More, Sit Less](#)

Get at least 150 minutes of moderate-intensity aerobic activity every week (or about 30 minutes on 5 days), plus muscle-strengthening activities at least 2 days a week.



[Rethink Your Drink](#)

Substitute water for sugary or alcoholic drinks to reduce calories.



[Don't Use Tobacco](#)

You can [quit](#) today! Call **1-800-QUIT-NOW** for free support.

For more about how to prevent chronic disease and maintain a healthy lifestyle, follow [@CDCChronic](#) on Twitter or visit www.cdc.gov/chronicdisease.