



Happy Holidays!

Know your options for making informed choices to reduce the risk of Flu and COVID-19

Please consider

- **Vaccination is still your best defense.** It is our most effective protection. COVID-19 vaccines are safe, effective and FREE for everyone now 5 and up in California. Learn more about why the vaccine is one of our most powerful tools to end the pandemic - [Vaccinate All 58 - Let's Get to Immunity](#). All individuals 6 months and older should also be vaccinated against the flu for an added layer of protection. - [Influenza \(ca.gov\)](#)
- **Keep gatherings small and outdoors whenever possible.** If you are indoors, open windows and doors if it is safe.
- **Avoid crowded places.** Being in crowds, especially indoors puts you at higher risk.
- **Wear a face covering over your nose and mouth.** Especially in indoor public places and if you are unvaccinated.
- **Remain flexible.** If you feel uncomfortable (for any reason) be willing to change your plans or leave.
- **See CDC's Safer Ways to Celebrate Holidays for additional info.** [Holiday Tips \(cdc.gov\)](#)

By working together, we can all enjoy safer holidays, travel and protect our own health as well as the health of family and friends.

