

'Tis the Season to Gather

Here are some tips to help keep you safer.



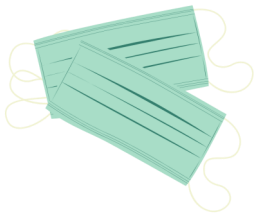
Protect yourself. Protect the ones you love. Get vaccinated and stay boosted.

Bivalent boosters are now recommended for everyone 5 and older, if it has been at least two months since the last dose of primary series vaccine or last (non bivalent) booster. Need help locating a vaccine? Contact your local health center or visit [vaccines.gov](https://www.vaccines.gov).



Keep your hands clean!

Use soap and clean running water. Wet, lather, scrub, rinse and dry. If soap and water are not available use hand sanitizer to keep hands clean.



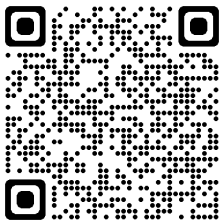
Think about masking up...

If you are not fully vaccinated, have a weakened immune system, or a health condition that makes you high risk you should consider masking. Masking is also worth thinking about if you are visiting someone who is vulnerable or if you are traveling to an area with a high concentration of community spread. You can find an interactive tool to evaluate current community risk at alconahhealthcenters.org/covid-19-alerts



Know when to use an at-home test.

Is it COVID or your seasonal allergies? Did you have a close contact exposure? If you are looking for instructions on when and how to test, visit alconahhealthcenters.org/covid-test



More information is available.

For more information on staying healthy and safe this holiday season, scan the code here. More information from the CDC is at your fingertips.

www.cdc.gov/chronicdisease/resources/infographic/holiday-health.htm

