



Keep Your Winter Healthy and Happy



The cold months don't have to leave you feeling miserable.

Want to make it through the winter illness-free?
You can do it. Here's how.

Clean Up

Washing your hands is one of the most important steps you can take for good health. Just make sure you're washing them properly:

- Rinse your hands with clean, running water.
- Use regular soap to lather up your hands and scrub them for at least 20 seconds.
- Rinse the soap off and dry.



Seasonal Safeguards

When folks huddle around fireplaces, campfires and dinner tables during the winter, viruses can spread more easily. To safeguard your loved ones this season, do the following:

- Get your flu shot and take your children for their COVID-19 vaccine. The FDA has approved the Pfizer-BioNTech COVID-19 vaccine for children 5-11 years old.
- Stay away from people who are sick. Don't be shy to cancel or delay holiday plans.



Strengthen Yourself

A strong, healthy body offers protection against sickness. This winter, make sure you:

- Eat plenty of fruits and vegetables. Limit sugary, fatty and salty holiday treats.
- Get a vaccine booster. Strengthen yourself against COVID-19.
- Stay physically active. If you're uncomfortable exercising in the cold, take it inside.
- Take a deep breath or two. Unmanaged stress doesn't just cause mental health issues, it also weakens your immune system.

