

# Holiday safety during COVID-19, the flu and RSV

**During the holiday season,** when friends and family gather indoors, it's important to take precautions to keep you and your loved ones safe.

- Get vaccinated against COVID-19 and the flu.
- Stay home when you are sick.
- Wash your hands often.
- Cover coughs and sneezes.
- Disinfect surfaces touched often.
- Consider wearing a mask when indoors with people outside your household.
- If your child has mild symptoms, keep them home.

**Contact your health provider before you visit an urgent care or hospital.** If you don't have a provider, call 211 for help finding one.



**Document accessibility:** For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the COVID-19 Communications Unit at 1-971-673-2411, 711 TTY or [COVID19.LanguageAccess@dhs.oha.state.or.us](mailto:COVID19.LanguageAccess@dhs.oha.state.or.us).

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