

# 5 Tips for a Healthy Holiday Season

The holidays are right around the corner! While we look forward to embracing the spirit of the season by spending time with friends, family, and loved ones, the following tips can help ensure a happy and healthy holiday season.



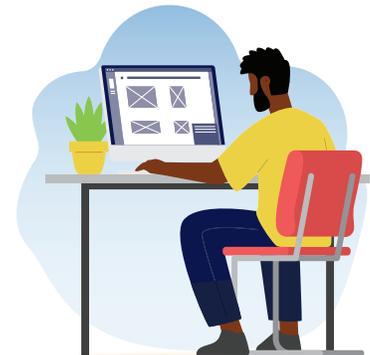
## 1 Get vaccinated or a booster if eligible

The Centers for Disease Control and Prevention (CDC) recommends COVID-19 vaccines for adults and children age 5 and older, and booster doses for [some people](#) — including all Johnson & Johnson recipients and some Pfizer and Moderna recipients (people age 65 and older, and adults at high risk due to medical conditions or high exposure). This is the most effective way to protect yourself against the virus and keep your community and loved ones safe.



## 2 Follow local and state guidelines

COVID-19 guidelines and requirements vary across the country, and across businesses. The CDC recommends tracking local transmission rates to make a plan to stay safe and healthy. If you are traveling during the holidays, check state and local regulations because they may differ from your community. Before you make a dinner reservation, get tickets to see a play, or participate in another public activity, check the establishment's requirements in advance to know if you should wear a mask or bring proof of vaccination.



## 3 Take precautions indoors

Whether you're shopping for gifts or groceries, stores are often busier during the holidays. In areas of substantial and high transmission, the CDC recommends that everyone, regardless of vaccination status, wears a mask in public indoor settings to help prevent the spread of the virus. Crowded and poorly ventilated indoor spaces can increase the risk of being exposed to COVID-19—so take extra precautions in these spaces, or try contactless or off-peak hours shopping.



## 4 Choose outdoor spaces when possible

Celebrating outdoors is safer than indoors. Whenever possible, move holiday gatherings or festivities outside. For example, you may be able to enjoy outdoor dining options or other seasonal outdoor activities, like ice skating or watching holiday light shows from the comfort of your car.



## 5 Stay at home if you are feeling sick

Along with taking steps to prevent the spread of COVID-19, remember that it is cold and flu season. As busy as the holiday season can be, if you're not feeling well, you should not go shopping or attend gatherings. Help protect your loved ones, co-workers, and others by canceling your plans, wearing a mask, and staying home if you are sick.

## Conversations about COVID-19 Vaccines

**If you are hosting a holiday gathering at home or somewhere else, it may be helpful to communicate with your guests in advance about your COVID-19 ground rules and the precautions you are taking. Having conversations about COVID-19 vaccines may feel difficult, but it can help keep you and others safe. Check out these tips to help you have conversations about COVID-19 vaccines.**

*Adapted from Health Action Alliance's [Tips for a Conversation about COVID-19 Vaccines](#)*

- Listen more than you talk: Make it a conversation, not a debate, and share information that you think is most important.
- Lead with empathy: If someone has questions about the vaccine, try to be understanding and helpful rather than dismissive.
- Facts are important: COVID-19 vaccines are safe and highly effective. [Here are helpful talking points](#) that highlight facts and plain language when explaining the importance of vaccination and COVID-19 precautions.
- Be inviting and authentic: Share stories about why you and your friends or loved ones are vaccinated and celebrate others who have taken this step.