



Healthy Holidays During COVID-19

Stay physically and mentally healthy this holiday season



Get vaccinated
if eligible



Practice proper
hand hygiene



Avoid crowds and
large gatherings



Take precautions
if traveling



Carve out time
for self-care



Wear a mask in public
as recommended

Get more tips and resources at [childrens.com/covid19](https://www.childrens.com/covid19)

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