Get Your COVID-19 and Flu Shots

COVID-19 vaccines can help protect you from COVID-19. Get vaccinated as soon as you can.

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

Wear A Mask

If you are not fully vaccinated or if you have a weakened immune system, wear a mask indoors. If you are fully vaccinated, wear a mask indoors in areas with substantial or high COVID-19 transmission.

Find Safer Ways to Celebrate the Holidays

There are several ways to enjoy holiday traditions and protect your health.

Wash Your Hands

Use soap and clean running water for 20 seconds at key times, such as after using the bathroom or before eating.

DID YOU KNOW?
The 5 handwashing steps are wet, lather, scrub, rinse, and dry.

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

Rethink Your Drink

Substitute water for sugary or alcoholic drinks to reduce calories.

Eat Healthy

Reach for healthy options like fruits and vegetables instead of salty or sugary treats.

Make Time to Unwind and Connect With Others

For stress relief, take deep breaths, stretch, meditate, or do an activity you enjoy. Talk with people you trust about how you’re feeling and express gratitude.

Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity every week (or about 30 minutes on 5 days), plus muscle-strengthening activities at least 2 days a week.

Sleep

Adults need at least 7 hours of sleep per night.

Eat Healthy

Reach for healthy options like fruits and vegetables instead of salty or sugary treats.

Don’t Use Tobacco

You can quit today! Call 1-800-QUIT-NOW for free support.

Sip Healthy

Substitute water for sugary or alcoholic drinks to reduce calories.

Eat Healthy

Wear A Mask

If you are not fully vaccinated or if you have a weakened immune system, wear a mask indoors. If you are fully vaccinated, wear a mask indoors in areas with substantial or high COVID-19 transmission.

For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit www.cdc.gov/chronicdisease.